

COMMUNIQUÉ



FALL 2005 ↻

The quarterly newsletter of the YMCA of Metropolitan Washington

We build strong kids, strong families, strong communities.

YMCA ANNUAL DINNER PLANTS SEEDS FOR THE FUTURE

"Building Strong Families: Planting Seeds for the Future" was the theme of this year's Annual Dinner, which attracted more than 300 community organizations, leaders, volunteers, donors and staff. The Y recognized key volunteers who believe in planting and investing in the future of our kids, families and communities. In keeping with the theme, a live pink Dogwood tree with Y photos was displayed at the reception. The tree will be planted at YMCA Camp Letts in honor of its 100 year anniversary in 2006. In addition, Y family photographs were displayed at the reception and photographs taken by longtime volunteer and board member Hugh Calkin were auctioned off at the dinner to raise money for our Building Bridges fundraising campaign. For a gift of \$25.00, you can receive a photo at YMCA Reston, Alexandria or Arlington. Please contact Wendall Curry at (202) 797-4477 or wcurry@ymcawashdc.org for additional information.

The following organizations and individuals received awards:

Allstate Foundation received the Corporate Volunteer of the Year award for providing the YMCA with a \$30,000 grant to run diversity-themed camps and to provide scholarships to 20 children from a local homeless shelter.

The Kimsey Foundation received the Foundation of the Year award for providing the YMCA with a grant for summer camp scholarships and assisted us in securing additional funds for more summer camp scholarships.

YMCA Capital View Volunteer Lula Evans received the Community Volunteer of the Year award for her dedication and commitment to YMCA Capital View.

Adopt-A-Family received the Program of the Year award for its dedication to helping families throughout the community and helping them to make healthier lifestyle choices.

The YMCA Planned Giving Committee received the Volunteer of the Year award for donating its time and efforts to providing estate planning seminars for YMCA members throughout the area.

YMCA Loudoun County Board Member Max Kipfer received the Volunteer Champion of the Year award for his loyalty as a volunteer and advocate for the YMCA.

YMCA of Metropolitan Washington Board Member Robert Bolle received the Volunteer of the Year award for his unwavering dedication to the mission and vision of the YMCA.



Children from YMCA Ayr lawn Program Center perform a musical number at the YMCA's Annual Dinner.



Allstate Field Vice President Patty VanLammeren (middle) presents YMCA of Metropolitan Washington Board Chair Denise Lloyd (left) and YMCA of Metropolitan Washington President & CEO Angie L. Reese-Hawkins (right) with a check for \$30,000 to run diversity-themed camps and provide scholarships.



YMCA of Metropolitan Washington President & CEO Angie L. Reese-Hawkins (left) and YMCA of Metropolitan Washington Board Chair Denise Lloyd present YMCA of Metropolitan Washington Vice Chairman of the Board & Chairman of the Finance Committee Robert Bolle with the Volunteer of the Year award.

LETTER FROM THE PRESIDENT



The holiday season is upon us and the New Year is right around the corner. As I look back to the beginning of the year, I realize that we have made it through some difficult times. The effects of Hurricane Katrina took the nation by surprise. Many of our friends and family were affected by this disaster and we were called upon to provide assistance in any way possible.

The YMCA of Metropolitan Washington accepted that call and collected donations from staff, volunteers and members as well as clothing items and toiletries to help those in need. We also provided free child care and membership to a displaced family and hosted a birthday party for a 13-year-old Katrina victim. We could not have completed this effort without the generosity and commitment of those who are dedicated to building strong kids, strong families and strong communities everywhere.

But through it all the YMCA was able to press forward and honor those who have supported us throughout the year at our Annual Dinner and First Ladies Luncheon. Also, we opened a new YMCA in Fort Washington, Md., YMCA Potomac Overlook, and celebrated the one-year anniversary of YMCA Youth & Family Services.

So, I encourage each of you to look back over the year, despite all the challenges, and look at what you have accomplished. You will see that you have a lot to be thankful for this holiday season.

Have a safe and happy holiday,

Angie L. Reese-Hawkins

Angie L. Reese-Hawkins
President & CEO

THE BIRTH OF A NEW YMCA



The newest member of the YMCA of Metropolitan Washington arrived on Oct. 22, 2005: YMCA Potomac Overlook! The Grand Opening celebration was attended by more than 3,500 community residents and friends. Visitors enjoyed fitness demonstrations, face painting, a moon bounce, games and door prizes. In addition, staff provided tours of the facility and on-site memberships were available. Radio personalities Mike Chase from MAJIC 102.3 and Jacque Allen from WJZW 105.9 were onsite to help promote and celebrate the branch opening.

Located in Fort Washington, Md., off of Indian Head Highway, YMCA Potomac Overlook offers health and wellness programs, child watch, senior programs, teen programs, youth sports and personal training. Starting next year, the branch will also offer child care for children ages 3-4 and summer camps.

On Oct. 5, the branch also held a ribbon-cutting ceremony, which was attended by the media as well as a number of political officials, including Sens. Gloria G. Lawlah (D-Prince George's County) and Nathaniel Exum (D-Prince George's County); County Council member Camille Exum (D- Seat Pleasant); James A. Dula, deputy chief administrative officer for health and human services; and Hyattsville Mayor William F. Gardiner.

To find out more about YMCA Potomac Overlook or membership, visit www.ymcawashdc.org.

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YMCA YOUTH AND FAMILY SERVICES CELEBRATES ONE-YEAR ANNIVERSARY

On Nov. 4, YMCA Youth & Family Services celebrated its one-year anniversary as a YMCA branch. Last year, YMCA Silver Spring Youth Services and YMCA Bethesda Youth Services merged together to become YMCA Youth & Family Services.

The anniversary celebration was held at the YMCA Carroll Avenue and Terrace Community Center in Silver Spring, Md. Sixteen-year-old Edison Hernandez, a student at Wheaton High School and former gang member, spoke about how being apart of the YMCA has turned his life around. Edison currently volunteers at YMCA Youth & Family Services as a mentor to younger children and assists them with their homework. "The YMCA helped me get off the streets," said Hernandez. "I don't know where I would be if the Y wasn't there for me."

Also, Tom Perez, president of the Montgomery County Council and Carolyn Colvin, director of the Montgomery County Department of Health and Human Services presented a joint proclamation of congratulations from the Montgomery County Council and County Executive Douglas Duncan to the Y.

YMCA Youth & Family Services works in the Montgomery County community to provide comprehensive prevention, early intervention and diversion services for youth and families regardless of their ability to pay. The branch also provides low-cost or no-cost services, which include counseling, outreach, after-school activities, youth development, parent education and support, mentoring, outdoor therapeutic adventure. Last year, YMCA Youth & Family Services served more than 9,000 children, teens and adults in Montgomery County. For more information, contact branch Executive Director Barbara Ott at 202-585-2120 or bott@ymcawashdc.org.



From left, Robert Fredman, representative, Office of Congressman Chris Van Hollen; Richard Madaleno, House of Delegates, District 18; Tom Perez, president of the Montgomery County Council; Kate Garvey, chief, Children, Youth and Family Services, Montgomery County Department of Health and Human Services; Barbara Ott, executive director, YMCA Youth & Family Service; Gareth Murray, House of Delegates, 20th Legislative District; James Newton, deputy district director, Office of Congressman Albert Wynn.



FREE ESTATE PLANNING SEMINARS

Presented by

The YMCA of Metropolitan Washington

Planned Giving Committee

January 24 and January 26, 2006

6:00 p.m.

YMCA Fairfax County Reston

12196 Sunset Hills Road

Reston, VA 20190

RSVP to Ginger Bower, 202-745-5264

YMCA HONORS FIRST LADIES OF DISTINCTION

Despite the fact that Hurricane Katrina was fresh on everyone's mind, more than 350 people attended the Third Annual YMCA First Ladies Benefit Luncheon on Sept. 9 at the Omni Shoreham Hotel in Northwest Washington. The event celebrated excellence and honored the achievements of several remarkable women who embody the spirit of exceptional leadership in the community and are committed to improving the lives of children and their families across the nation. Visionary Award recipient Monique Greenwood, who is the first African-American to own and operate four luxury bed and breakfast inns, gave an emotional keynote address, noting that her most recent bed and breakfast opened a few weeks before in New Orleans. She had just learned days earlier that her property, fortunately, escaped damage—and neighbors were relaxing and swimming in the bed and breakfast's pool!

Another honoree, Debra Lee, president and CEO of Black Entertainment Television, (BET) was hosting a major BET hurricane fundraising event that evening in New York City. However, Ms. Lee was so moved by receiving the Business Achievement Award from the YMCA that she postponed her flight in order to attend the luncheon.

This year's honorees were:

Debra Lee, (Business Achievement Award) president and CEO, Black Entertainment Television (BET) for her groundbreaking efforts in communications among African-Americans.

Dominique Dawes (Leadership Award), president, Women's Sports Foundation and first African American to receive an Olympic Medal in gymnastics and the first African-American to win an individual event.

Monique Greenwood (Visionary Award), bestselling author and first African-American woman to own and operate four luxury bed and breakfast inns.

Kathleen Walsh Carr (Corporate Achievement Award), president, chief executive officer and director of The Adams National Bank, the first and largest federally chartered national bank to be owned and managed by women.

Janice Williams (Pinnacle Award), vice president of program development for the YMCA of Metropolitan Washington, the first women executive director of YMCA Anthony Bowen, the nation's first African-American YMCA.

The luncheon was hosted by all of our DC branches: YMCA Capital View, YMCA Anthony Bowen, YMCA National Capital and YMCA Calomiris. Proceeds from this benefit will provide financial assistance for those families who otherwise would not be able to participate in the YMCA's programs and activities in the District of Columbia.



Top, from left, Leadership Award honoree Dominique Dawes; YMCA of Metropolitan Washington Board Chair Denise Lloyd; YMCA of Metropolitan Washington President & CEO Angie L. Reese-Hawkins; and Pinnacle Award honoree Janice Williams.

Middle, from left: Corporate Achievement Award honoree Kathleen Walsh Carr and Visionary Award honoree Monique Greenwood.

Center, Business Achievement Award honoree Debra Lee.

Bottom from left: Former YMCA of Metropolitan Washington Board Chair Jud Sommer and Pinnacle Award honoree Janice Williams.

YMCA HELPS HURRICANE KATRINA VICTIM

Six hours before Hurricane Katrina hit the Gulf Coast, Karen Latham gathered her 6-year old daughter, 3-year-old son and 2-month-old daughter and packed whatever she could fit into her car. They had already evacuated four times this year. Each time they were able to return home safely after a few days.

But this time was different. Karen's husband is in the U.S. Coast Guard and knew this storm was going to be major. He had orders to go out to sea the day before the storm hit, so he instructed his wife and children to go to his parent's house in Maryland where he knew they would be safe. Karen and the children have a genetic disease called celiac, which means they cannot eat foods with gluten such as wheat, rye or barley.

While Karen was grateful to have a safe place to stay with her children, she needed additional help. The first place she thought of was the Y. "The Y works with the Coast Guard down

home, and I knew that if anyone could help, it would be a Y," said Karen. So, she found her way to YMCA Upper Montgomery County in Gaithersburg, Md where the staff was eager to assist.

Karen was given a free childcare for her 4-year-old for three months. And because she suffers from celiac and high blood pressure, she needs to exercise on a weekly basis. So the Y provided Karen with free membership as well as free childcare for her 2-month-old while she worked out. "We were ready to help anyone and everyone affected by Hurricane Katrina," said Wini Schumacher, executive director, YMCA Upper Montgomery County. "Whenever the Y sees a need, we do our best to fulfill it. It's the Y way."

Karen learned from her husband that a tree fell on their house. After Thanksgiving, she and kids will head back to Mississippi to see just how significant the damage is. "The YMCA has made a big difference in my family's life since the hurricane," said Karen. "I felt safe and was embraced by people who really cared about me and my children."

YMCA Silver Spring contributed \$3,000 to the American Red Cross through a bake sale, car wash and member contributions.

YMCA Upper Montgomery County collected toiletries with the Salvation Army.

YMCA Arlington collected \$25 in cash donations.

YMCA Reston pledged \$1,000 from their 6th Annual Fundraising Gala.

YMCA Bethesda-Chevy Chase collected \$484 in cash donations.

YMCA Ayr lawn collected \$495 in cash donations.

YMCA National Capital collected \$385 in cash donations.

YMCA headquarters office collected \$1,200 in cash donations.

Grand total: \$6,589

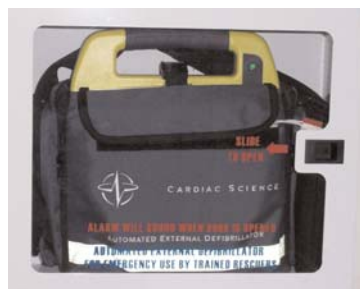
A SAVING GRACE

It appeared to be a normal summer day at YMCA Silver Spring. People were engrossed in their regular routine of working out, taking a swim, participating in classes and chatting with friends. However, everything changed within seconds when David Hedrick, a member of YMCA Silver Spring, suffered a heart attack while running on the treadmill.

David visits the Y regularly and never imagined he would experience cardiac arrest while working out. But thankfully, the staff at YMCA Silver Spring were trained, attentive and provided a quick response when David collapsed on the cardio room floor. This was the first time the staff had to use the automated external defibrillator (AED) device in the branch, which was installed in 2003.

"If the staff didn't know what they were doing with the AED, Mr. Hedrick wouldn't be alive today," said the doctor who operated on him.

"My aquatics staff responded immediately and worked together as a team to save a life," said Steve Carter, executive director of YMCA Silver Spring.



YMCA branches in Maryland, Virginia and the District of Columbia have automated external defibrillator (AED) machines.

"This incident speaks volume of aquatics director Max Basin for teaching the staff how to respond and react when something like this occurs."

AED devices were installed in all YMCA of Metropolitan Washington branches and the Association's headquarters office in 2003. AEDs are used when someone goes into cardiac arrest. The machine checks the heart rhythm for abnormalities and informs the rescuer if an electrical shock is necessary.

"We knew that installing AEDs throughout our branches was something we needed to do," said Angie L. Reese-Hawkins, president and CEO of the YMCA of Metropolitan Washington. "Using this device along with CPR instruction are the two most important skills needed in saving a person's life suffering from cardiac arrest."

The staff continued to perform CPR and use the AED on David until emergency medical services personnel arrived at the branch. He was then rushed to the hospital and survived his heart attack thanks to the attentiveness and quick response from the lifeguards.

According to the Montgomery County Fire and Rescue Department, this is the first save using an AED in Montgomery County in a public facility.

YMCA RESTON CELEBRATES MARDI GRAS STYLE

This year's YMCA Fairfax Reston 6th Annual Fundraising Gala theme was all about New Orleans. 350 attendees celebrated Mardi Gras style enjoying music, dinner and a live silent auction.

The gala is YMCA Fairfax Reston's largest fundraising event to support the Association's Building Bridges campaign, which provides financial assistance to individuals, families and children for YMCA memberships and programs. This year a portion of the proceeds will be donated to YMCAs affected by Hurricane Katrina.

"Our mission at the YMCA is to build strong kids, strong families and strong communities," said Richard S. Goldberg, Board of Management and Gala Committee Chairman, YMCA Fairfax Reston. "As we focus on carrying out our mission in our local communities, we also wanted to help those YMCA communities affected by the storm."

At the gala, May Liang was presented with the Joseph L. Ritchey Community Service Award. The Joseph L. Ritchey Community Service Award is



Richard S. Goldberg (left), chairman, YMCA Fairfax County Reston Board of Management Director present May Liang with the Joseph L. Ritchey Award.

presented to an individual for his or her outstanding service and dedication through generous contributions and commitment to the Reston community.

In addition, Erin McKoy, a senior at Herndon High School, was presented with the YMCA Triangle Award. The YMCA Triangle Award is presented to a local high school student who exemplifies the YMCA character values of caring, honesty, respect and responsibility. Recipients must also have a minimum 3.0 grade point average and be involved in extra curricular activities, both at their school and in their local community.



Richard S. Goldberg (left), chairman, YMCA Fairfax County Reston Board of Management and Robert Hamman (right), YMCA Fairfax Reston executive director present Erin McKoy with the YMCA Triangle Award.



Kristy Chandler (left) of First Horizon and friend Britta Connolly smile for a photo after winning a live auction item at the YMCA Fairfax County Reston's 6th Annual Community Gala Live Auction.



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