



Dave Woll

president's Letter

Dear Friends:

"Simple to grasp; difficult to achieve." That's how we describe requirements to be awarded a rare honorary life membership in the Tucson YMCA.

The not-so-simple rules? One's YMCA service must be long and continuous; a recipient's character must be in keeping with the precepts of the Y; and that person must have contributed support in every possible way.

We were pleased to present our **Honorary Life Member** award to **Linda Lohse** at our YMCA Ripples of Gratitude Dinner last month, which acknowledged the gifts of our Chairman's Round Table and Heritage Club members at the Tucson Country Club.

Linda has a long track record of community service to Tucson organizations. Congratulations, Linda, but more important, thank you for your service and generous support over two decades...

Our second **Activate Tucson Business Forum** includes an all-star cast. The idea of the July 20 event is to get the business community aware, involved, and active in improving nutrition and fitness habits to improve our community's overall wellness.

Featured speakers include Mayor Bob Walkup; former U.S. Surgeon General Dr. Richard Carmona; Professor Stafen Vandoren of Utrecht University in the Netherlands; and Dan Johnson of Wellness Councils of Arizona. The event will be held at the District Office of Pima Community College. If your business would like to attend, call me at (520) 623-5511, ext. 245. A healthy workforce is more productive and lowers health care costs.

The University of Arizona's Dan McDonald and I participated in the YMCA of the USA's **Pioneering Healthier Communities Expo** in Chicago. We shared the early results of our program with those of 30 other YMCAs. Finally, next time you are surfing on the Web, check out the new site for people and organizations interested in reversing the obesity trend in Southern Arizona and beyond. You'll find it at www.activatetucson.org...



(Top) Linda Lohse received Honorary Life Member award from YMCA Board Chair Jerry Bromiel and 2003 recipient Helen Schaefer. (Bottom) Activate Tucson will hold its second Business Forum July 20 with distinguished speakers.

YMCA of Metropolitan Tucson

WE BUILD STRONG KIDS, STRONG FAMILIES,
STRONG COMMUNITIES.

NIÑOS SANOS, FAMILIAS SANAS,
COMUNIDADES SANA.

(Top) Tucson Conquistadores's pledge to a new gym at our Ott YMCA was matched by a city grant.

(Bottom) It's graduation time for the kids in the Mulcahy/City YMCA preschool program.



OUR MISSION

The YMCA of Metropolitan Tucson is dedicated to improving the quality of human life and to helping all people realize their fullest potential through the development of Spirit, Mind and Body.

YMCA
OF METROPOLITAN TUCSON

60 W. ALAMEDA
TUCSON, AZ 85701

TEL: 520-623-5511
FAX: 520-624-1518
WEB: TUCSONYMCA.ORG



Sunnyside Unified School District teens will be able to continue their mentoring of elementary school youth in SUSD and in YMCA after school programs for another year thanks to a "second year" grant of \$10,000 from General Mills. Teens use a "Catch Kids" activity to learn about how to work with younger children, and to teach them good nutrition habits and physical activity. Two of the program's first year teen members are working at our Triangle Y Ranch Camp this summer...

Our **Ott Family YMCA** on the east side soon will have a long-awaited gymnasium. The Y will receive \$291,168 from the City of Tucson's Block Grant program. It's a dollar-for-dollar match for a generous pledge from the Tucson Conquistadores.

The new 7,200-square-foot Roy P. Drachman Gymnasium will allow the Ott YMCA to better serve its members — especially kids. It's bound to improve the overall health of families, adults, and seniors in the area. Thanks go out to the City Council, Tucson Conquistadores, and our volunteers and staff for making this dream a reality...

We hope you will join us Saturday, July 14 at **Triangle Y Ranch Camp**. We're welcoming back alumni, families, volunteers, and YMCA friends. Highlight of the day will be the opening of a 25-year-old time capsule. Activities include lunch, a rededication of the Arizona Daily Star Sportsmen's Fund Hall, music, and plenty of time to

reminisce and revisit the camp. Call (520) 884-0987 to let us know you can join in the fun.

Day camps, not so incidentally, are going extremely well this summer. We will have served some **10,000** children by the time the school bell rings again. The NW YMCA Day Camp was held, once again, at Triangle Y Ranch...

Five Tucson teenagers have been chosen to take part in an International YMCA program called **Global Teens** this summer. The concept is to challenge teens to discover the world, meet other people, develop leadership skills, participate in community service, and learn about other cultures. This is the 11th year of the program. One teen is headed to Mexico City, two each to Hong Kong and Peru...

We've all been touched by graduation in one form or another around Tucson in the last month. But, none was more gratifying that watching 33 children from our **Mulcahy/City YMCA** preschool program graduate. The ceremony was held at the Armory Senior Center and children and family members were entertained by a group of American Indian Basket Dancers.

Retiring Sunnyside Unified School District Superintendent Dr. Raul Bejarano was the speaker. Each child received a gift book from Make Way for Books, a Tucson nonprofit to honor their advancement to first grade...

Thanks for reading my *President's Letter* and for your support of our YMCA. I'll write you again in the fall.

YMCA CORE VALUES

CARING • HONESTY • RESPECT • RESPONSIBILITY