



Dan McDonald

# president's Letter

Dear Friends:

Let's begin by welcoming Dr. Helen Schaefer as our **new YMCA of Metropolitan Tucson Board Chair** for the 2007-2009 term. Helen succeeds Jerry Bromiel to whom we owe a tremendous debt of thanks for his terrific leadership and dedication.

New board officers joining Helen are Vice Chairs Peter Beahan of Beach Fleischman, and Peter Douglas of PICOR Real Estate Services; Treasurer Don Jenks of National Bank; and Secretary Kevin Burnett of Sundt Construction.

New members of the board include Mary Kay Dinsmore of the Durrant Group; Don Jorgensen of Jorgensen Healthcare Associates, Inc.; Bill Ward of Pima Community College; and Xavier Manrique of Wells Fargo...

It's impossible to measure the impact the YMCA has made on Tucson youngsters by tossing out statistics. Still, the statistics are impressive. We served 10,521 local children in **YMCA summer day and resident camping programs**. The kids had a terrific time at our camps, all the while being instilled with the Y's core values of caring, honesty, respect, and responsibility. We were able to award \$321,371 in camp scholarships this summer alone. The value will be played out over many years...

More than 80 people from the government, private, and nonprofit sectors took part in our second **Activate Tucson Business Forum**. The forum is offered each summer to share information and discuss how employers can improve employee wellness, reduce absenteeism, and lower health costs.

Speakers included former Surgeon General of the United States Dr. Richard Carmona, Tucson Mayor Bob Walkup, and Wellness Council of Arizona Executive Director Dan Johnson. The speakers promoted creating a workplace atmosphere that encourages people to take responsibility for their personal health and well-being. I was pleased to emcee the event.

Activate Tucson, as regular readers of my quarterly letter know, is a coalition of organizations in our community concerned about encouraging healthy lifestyles



(Top) New Board Chair Dr. Helen Schaefer sharing a laugh with outgoing chair Jerry Bromiel. (Bottom) Dr. Richard Carmona (left) with YMCA Activate Tucson Chair Dan McDonald at Business Forum.

## YMCA of Metropolitan Tucson

WE BUILD STRONG KIDS, STRONG FAMILIES,  
STRONG COMMUNITIES.

NIÑOS SANOS, FAMILIAS SANAS,  
COMMUNIDADES SANA.

(Top) YMCA members plan to log 50 million steps in America On The Move event. (Bottom) We will miss Nomi Smith, seen here with her husband, David, in 1994.



#### 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



for all. We are very pleased to be the catalyst organization that led to its creation just a few years ago...

You don't have to look very far to find the YMCA Movement receiving **national media recognition** for the active role it is playing in attempting to create a healthier American citizenry.

The Centers for Disease Control and Prevention is featuring an article about its partnership with the YMCA of the USA and Ys across the country on its Web site. The story explains how Americans — especially children — are more obese with higher rates of diabetes than in any time in history.

The Web site refers to the partnership as “cutting edge” and notes that it “links CDC’s resources and technical expertise with YMCAs nationally to deploy the most promising, evidence-based community interventions to reduce disease burden and improve people’s health.”...

**America On The Move Week** was held in late September in Tucson and across the country. Tucson’s YMCAs and Pima County libraries sponsored a week of activities dedicated to getting people active and moving. They challenged Tucsonans to join local YMCA members and track their steps. Tucson and Pima County plan to log 50 million steps; the nationwide goal was to reach 10 billion steps during the designated week. Participants also were encouraged to make two small daily changes: Take 2,000 more steps (about a mile) and eat 100 fewer calories. These seemingly small changes can make a big difference...

Robin Hood took center stage as the **YMCA International Committee** held a fund raising event at the always-

popular Gaslight Theatre. This time, Robin’s adventure helped raise money for the YMCA’s International programs that include the Casa YMCA in Agua Prieta, Mexico, and the Global Teens Program. More than 200 people attended and \$15,000 was raised. We thank our sponsors George Mason Green and Lois C. Green Foundation; Cox Communications; Irv Mindes of A.G. Edwards; William Paulter & Sons, Raymond James Financial Services; S. Jack McDuff and Pepsi-Cola Bottling Company, and all those who attended and helped make the evening so successful.

Hearing from our “Global Teens” was especially rewarding. Tucson ambassadors John Ronan, Casey Doyle, Michael Sugimoto, and Hannah Traquair each shared their experiences. John traveled to Hong Kong and China, Casey visited Mexico, and Michael and Hannah spent time in Peru. They discovered they have a responsibility as global citizens...

We sadly said **farewell** to Mrs. Nomi Smith who passed away unexpectedly in August. She was a long-time friend of the YMCA, having begun her service when the Ott Family YMCA was built in the 1960s. Nomi was named YMCA’s Honorary Life Member in 1995. She was an active Y volunteer and served on the YMCA Foundation Board. She and her husband David are YMCA Heritage Club members. We will miss her very much and always remember her kind and generous spirit. Remembrances can be made to the YMCA Foundation in her name...

Thank you, as always, for reading my *President’s Letter*. I’ll be back in touch soon.

#### YMCA CORE VALUES

CARING • HONESTY • RESPECT • RESPONSIBILITY