

Santa Monica Family YMCA

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Non-Profit
U.S. Postage PAID
Permit No. 441
Santa Monica, CA

Mission Statement

The Santa Monica Family YMCA is dedicated to serving its members by providing programs and services that enrich the quality of the physical, mental, spiritual and social lives of individual members, their families and communities. In all we do, we will be guided by principles of love and respect for all regardless of race, sex, or religious preference. We pledge to continue our Family "Y" tradition of service to the Santa Monica Community.

SANTA MONICA FAMILY YMCA YOUTH & GOVERNMENT PROGRAM



More than 20 sophomores and juniors from Concord, Santa Monica and Saint Monica's high schools comprise the Santa Monica Family YMCA Youth & Government teen delegation now preparing for the biggest conference of the year, Model Legislature and Court, over President's Day Weekend in Sacramento. Now in its 60th year, this statewide program convenes a mock State government, with more than 2,000 students from throughout the state running the State Capitol's official chambers and meeting rooms.

Leading up to the simulated youth-run-government experimentation, teens attend training sessions and meet weekly with their delegation to collaborate on writing bills, practice public speaking, discuss political issues, and plan fundraising. While the program is based on the motto "Democracy Must Be Learned by Each Generation," the primary purposes are to build friendships, and strengthen, and encourage positive character traits that help youth grow into responsible and respected leaders and citizens, while having fun in the process.

Caring, Respect,
Honesty, Responsibility

Santa Monica Family YMCA

"Where we build strong kids, strong families and strong communities"

Summer, 2008



Members Rocking the Rock Wall

One of the most popular routes up the Santa Monica Family YMCA's new climbing wall has been dubbed the "AARP Route" after senior member Dave Quick, a regular at the wall on Tuesday and Thursday evenings. Dave climbs for a cardio work-out, to build muscle and endurance, and to get in shape for his summer hikes. Dave climbs the wall regularly and has completed over 166 descents, which is cumulatively higher than Yosemite's El Capitan peak. The famous climbing site for experienced rock climbers rises more than 3,000 feet, making it the largest granite monolith in the world.

Luca, a seven-year-old youth member with cerebral palsy, has also conquered the route, despite his affliction with the chronic disorder which impairs control of movement. Luca made it to the top his first time climbing. This is not a typical feat for children his age, even for those without

physical challenges. After Luca got the hang of the climb he was determined to reach the top and would not give up until he did. The proud climber couldn't wait to share the news with his parents!

If you're interested in the climbing wall, our staff can help set a route up the wall that is right for your experience and conditioning.

INTRODUCING KIDS IN THE EVENING (K.I.T.E.)

Let your kids soar while participating in a new program in the evenings. Kids 6-14 will enjoy supervised activities in the 3rd floor Youth Center as parents work out in our facility. There are no more excuses. K.I.T.E. is available Mondays-Fridays from 6-8pm and allows kids to socialize, stay active, or explore their creative side. A variety of activities include interactive video games by Wii™, cardio and weight equipment made especially for youth & teens, homework help, board games, art activities, and computers. For more information contact Pete Mortensen at (310) 393-2721, ext. 138 or peter@ymcasm.org





2007 President's Message

As the end to my term as Santa Monica Family YMCA president in 2007, I would like to express my sincere thanks to our many hard-working committees, staff members and volunteers whose creative ideas have gone from concepts to reality through the efforts of so many.

Our annual Sustaining Campaign was the first project of the year. Our efforts were once again a success due to the efforts of our Division Leaders Russ Warner, Jeff Jarrow and Jean McNeil-Wyner, with help from many, including Patti Tazi, who turned a \$500 pledge from White & Co. last year into a \$2500 pledge this year.

Many thanks are also due to Audrey Meyer, Director of Youth & Family Programs and committee chair Jim Haljun, for the new climbing wall. The wall debuted in June and has proven to be an activity which the entire family can enjoy together.

Our Summer Day Camp Program hosted more than 150 K-7 youngsters for supervised activities, special events and field trips this year, and Swim Programs served nearly 1000 children (ages 3-11) developing skills that can enhance one's life, not only for recreation, but for one's health and safety as well.

The Facility Committee continued its good work, meeting monthly to review building and equipment needs for replacement or repair. This important committee consists of chair Jim Haljun, Jim Mount, Mike Cortrite, Dave Nelson, Jeff Jarrow and Judy Barker, along with staff members Tara Pomposini and Scott Andrews.

Skip Rimer and Jean McNeil-Wyner, have led the Membership and Marketing committee's work in developing a new marketing plan. The committee, including Fabian Lekowitz, Ross Furakawa, Diane Margolin, and Shel Weinstein and staff liaisons, Bill Randle and Teresa Olmedo also hosted "Open Houses" throughout the year.

The Older Adults Committee, led by Senior Director Lidia Magarian, is in full swing, and continues to host monthly Potluck Luncheons. I recently attended one of these popular events and thoroughly enjoyed the wide array of healthful, delicious foods.

Architect Victor Newlove led us down Memory Lane with photos of various '50s and '60s style restaurants at the Ralph Kiewit Society dinner in August, and The first Annual Past Presidents Luncheon was held in October. More than 100 friends and supporters attended the lunch to celebrate the past service of Dr. Robert Moore and Fred McNairy as presidents of the Y Board.

I want to thank the staff, the board and the entire membership for allowing me to lead them through another year of community service. I have experienced great personal growth in the process, and have enjoyed every minute of the time spent leading this fine organization. It has been a life-changing year for me. Thanks to all!

Ray Carriere, President 2007



2008 President's Message

As the newly elected President of the Board of Directors of our Santa Monica Family YMCA, I'd like to use this opportunity to introduce myself to those of you who I don't yet know, and to tell you a little bit about my past involvement here. I've been a member of the Board for six years, during which time I have headed various committees, and at different times have served as Secretary and as Board Treasurer.

I'm one of 27 Board members – all volunteers from our community who bring their energy, experience and expertise to govern the Y, helping it to achieve its stated mission of "We Build Strong Kids, Strong Families and Strong Communities". You may not know them by name, or even by sight, but they're here regularly, working behind the scenes to help make the Y the best it can be for both its members and the community at large. They are a very talented group of individuals and I am honored that they have selected me to serve as their President this year. Quite an honor, indeed, and an opportunity to put my efforts where I think they will do the most good in achieving our common vision. I'll be counting heavily on the assistance of the Board, as well as the Advisory Board, staff, and other volunteers, in fulfilling my responsibilities during my term. But, that's enough about me.

Now about you – all 6,800 of you, our membership. I should say, it's about "us," because I'm a member too, have been since 1989 when my search for the best public pool in our area led me here. Our pool is still the best in the area, and it has become a part of my everyday health regimen.

We're a membership of all shapes, sizes, and colors. We're all ages – the youngest in our childcare programs and many of our members in their 90s. We have moms and dads participating in programs with sons and daughters, older members learning ball-room dancing. We have teenagers who are learning the how government operates or teaching our older members about the newest facets of computer operations.

Many of you are here because we have excellent fitness programs, others for the social interactions that our Y provides. We're a pretty diverse group. When you look closely at our Y it is clear, we're not a fitness center, we're a Community.

But why do we choose to be here as members of the Y when there are other resources in the neighborhood? If you want my answer, it's because the Y is known for its honesty and integrity and for making a significant contribution to the community at large. Sure, it's the fitness part too. It's the pool, or the gym or the classes. That's obvious. But the Y has been around for years and years because it's a place where you get something meaningful out of being a member. It's a place to go after school, a place to go camping, a place that instills family values and encourages family participation. It's a safe place for you and your family. How many businesses or organizations have established such good will and name recognition that they can be easily identified by just one letter? Only the "Y."

Let me enumerate some of the ways we support our community. You may not realize it, but the YMCA provides nearly \$600,000 in annual subsidies and scholarships for those who cannot afford the cost of a full membership. Our goal is to never turn anyone away for lack of funds. We pride ourselves on our ability to build strong families and

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JACK "FAST JACK" BECKMAN RACES INTO KIDS CLUB



Race car driver, Jack "Fast Jack" Beckman made new friends while giving advice on how to succeed in everything you do and the importance of staying in school when he visited After School Kids Club recently. Beckman came into motivational speaking through a program called Racers Who Care that works with motor racers of all types wanting to make a positive difference for our youth.

Beckman let the Club members try on his helmet and gloves and gave them a chance to ask questions and learn about cars, speed, and how to successfully approach following your dreams.

MEET RYAN KILIAN, HEALTH & FITNESS DIRECTOR

Ryan Kilian, Health and Fitness Director, grew up in Boston, and received his BA in Sociology and History from the University of New Hampshire. After moving to sunny Southern California three years ago, he earned a Master's degree in Kinesiology from Cal State Long Beach.

Ryan is a certified Personal Trainer with AFAA, NFPT and the YMCA and has more than seven years of experience working with various clubs, schools and YMCAs in program management, fitness training and group exercise instruction. As a die hard Boston sports fan, life is pretty good for Ryan with the success of his beloved Red Sox, Patriots and Celtics. Ryan also has a passion for coaching and recently coached men's basketball for three years at Lasell College in Newton, Massachusetts as well as at various local high schools and with AAU teams. Ryan believes that fitness and exercise should be a healthy lifestyle choice rather than a painful burden, and that by finding a sport or physical activity that you enjoy you can make physical activity a part of your daily life, enjoying the benefits of physical activity without the drudgery that otherwise might ensue.



THE YMCA COMPUTER LAB GETS AN UPGRADE

The Santa Monica Family YMCA has upgraded its computer lab with 10 new computers with Vista, Microsoft Office 2007, and Publisher programs. The computer lab is on the second floor next to the Senior Lounge and is available for seniors and youth in structured programs. The Santa Monica Y offers various classes throughout the year. Brochures describing class offerings are available in the lobby. Please contact Pete Mortensen, Program Director (310) 393-2721 extension 137 or peter@ymcasm.org with questions.



President's message continued

strong communities, and dedicate much of our year to raising the funds for our youth, families and older adults who need assistance. We are currently in the midst of our annual Sustaining Campaign, and encourage you to help out to the best of your ability. Please fill out a Pledge Card and be part of our support system or see someone at our front desk and ask how you can help.

We are also constantly looking to ensure the long term financial strength and stability of our organization. Our facilities require funds for maintenance, replacement, and improvements that cannot be paid entirely from membership dues without making them unaffordable. The Y has an Endowment Program that we continue to grow to meet future demands. You and those you know can be part of the support for these efforts. 49 years. That's the average age of a person making a bequest in the United States. It's not only elderly people thinking of estate distribution, it's younger people contemplating how they can help to provide a lasting legacy to a worthwhile cause. Please think about including our Family Y in your estate planning.

My tenure as President follows on the heels of Ray Carriere, our 2007 President. I'd like to personally express my thanks to Ray for all his work as our leader last year, and for the many accomplishments achieved during his term. I hope to follow in Ray's footsteps and hope my term in office can be as successful as his.

With responsibility comes opportunity. As President, I welcome the responsibility and look forward to the opportunities ahead. It is indeed a privilege to lead such a fine organization with the support of a strong Board of Directors, hundreds of hard-working volunteers, and a highly dedicated and motivated staff. Of course the members, you 6,800 individuals, are the icing on the cake.

Don Cohen, President 2008