

August 2010

BUILDING STRONG COMMUNITIES

With our long-lasting presence and partnerships in neighborhoods across metro Atlanta, the Y has the ability, expertise and relationships to create real and tangible impact – one person, one family and one community at a time.

I invite you to read three meaningful stories in our **2009 annual report**. You will discover the Y's vital work in early childhood education, and you will see how important after-school and summer programs are for students, their parents and the community. You'll cheer for Terry and other graduates of THE COACH APPROACH®. The people, programs and partnerships featured in the annual report demonstrate the **collective impact when we all join together**.

The online annual report has additional interviews and insights. Go to **www.ymcareport09.com**.

WELCOME ABOARD

I am pleased to announce our newest Metro Atlanta YMCA board members:

Bobby Blakley Jr. is the **president for BB&T's North Atlanta Region**, and is responsible for BB&T's banking operations in six metro Atlanta counties. He serves on the boards of the Metro Atlanta Chamber of Commerce and the Salvation Army Boys & Girls Clubs of Greater Atlanta. A North Carolina native, Bobby earned his bachelor's degree from the University of North Carolina at Chapel Hill. Bobby and his wife, Marsha, reside in Fayetteville. They have two sons, Cameron and Connor.

Paul Mattingly is the **national chair of the real estate practice group at Seyfarth Shaw, LLP**. His areas of practice include real estate development, commercial real estate transactions and real estate finance. He is the former managing partner of the firm's Atlanta office. Paul received J.D. and B.A. degrees from the University of Kentucky. He and his wife, Amy, have three children and are active members of the Carl E. Sanders Family YMCA at Buckhead.

Samuel L. Gude III is **CEO of the Gude Management Group, LLC**, a full-service planning and program management firm headquartered in Atlanta. Before establishing this firm, he had a 25-year construction career with Beers Construction Company and Skanska USA Building Inc. Samuel serves on the boards of the Atlanta Technical College Foundation, Knowledge is Power Program (KIPP), Metro Atlanta Chamber of Commerce, and Central Atlanta Progress. He received his MBA from Georgia Tech. Samuel and his wife, Lynn, have three children. They have been involved with the Andrew and Walter Young Family YMCA.

HOW THE Y WAS WON

Join the Metro Atlanta YMCA as we celebrate the outstanding accomplishments of the 2010 volunteers of the year. The **annual volunteer recognition dinner** honoring these buckaroos will be **Monday, November 8, 2010**. Head 'em up and move 'em out to the Cobb Galleria Centre for the reception at 6 p.m., chow at 7 and Western-themed program to follow. Watch for more details.

SWIMMER VOLUNTEERS TO BENEFIT OTHERS

"I dearly love swimming," says **Sally Newell**, a volunteer at the Robert D. Fowler Family YMCA in Norcross. Sally teaches adult stroke clinics, a program she successfully began two years ago that involves beginner and advanced swimmers.

Newell, 72, is an avid runner turned competitive swimmer at age 53. She recently placed first in the 50-meter freestyle at the 2010 YMCA Masters National Championship in Florida. Sally also competed in six events in the 2010 United States Masters Swimming Short Course Yards Championships in Atlanta, where she cut a total of 8.5 seconds off her times. **Sally uses her passion and talent to volunteer and change lives as well as maintain an active lifestyle and lifelong hobby.**

FROM THE Y'S HISTORY BOOK ... CELEBRATING 110 YEARS OF CAMPING

This year marks the **Metro Atlanta YMCA's 110th year of camping**. It all began in 1900 and has grown to change thousands of campers' lives each summer by providing opportunities to learn, grow and try new activities. This summer, outdoor experiences and new relationships helped campers and counselors to grow emotionally, mentally, physically, and spiritually.

YMCA camping began 125 years ago and is a summer phenomenon that changes millions of lives worldwide. Camping officially began in 1885 at the YMCA in New York by volunteer Sumner Dudley. His goal was to help build character in seven teenagers during their week-long experience.

REFLECTIONS OF A CAMP COUNSELOR

Seventeen-year-old Maryam Ishtiaq, a summer camp counselor at the Robert D. Fowler Family YMCA, submitted an essay for the Laws of Life contest and won for her school, Norcross High School. She has been part of the Y for the last six years, volunteering and working with children's programs. Here is what she has to say about her camp experience:

"As Ralph Waldo Emerson said, 'We change, whether we like it or not.'" There are so many things that change a person in ways that are either for the good or the bad. The changes in my life have definitely changed me for the best, and I like it.

"I moved to the United States when I was 11 years old. At that time I was naïve and irresponsible, but after six years of involvement as a member, counselor and volunteer with the Robert D. Fowler Family YMCA, I have become responsible, organized and caring.

"I am thankful for the changes the YMCA helped me make in my life. The YMCA taught me that change has the ability to teach you responsibility, to cherish memories and respect the bonds you make with those around you.

"As a camp counselor, I love helping children grow, learn and discover. As their role model, I want to better myself. I made a strong bond with a child two years ago and am watching her grow into a beautiful young girl. She tells me she will be like me when she is older, and this makes me improve myself for her. It is good to know I can have a positive impact on someone else's life."

The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

Ed Munster