

## HEALTH & WELLNESS

Good health good company  
Are you growing a beverage bulge?

## MEMBER NEWS

Posture & Gait Analysis  
Get set for Ti2Y  
Swim lesson schedule  
Green Corner  
Kinesis Konnection  
Raffle winners

## COMMUNITY PROGRAMS

Wheelchair Rugby for everyone  
Summer camp is coming

## Y NEWS

International Y: Bulgaria  
YMCA in Myanmar & China respond  
to natural disasters

## STAFF & VOLUNTEER NEWS

May Staff / Volunteer of the Month

## ON THE WATERFRONT STAFF

## Good health, good company give good results

At a certain point Embarcadero YMCA member Maurice Guridi realized no hero was going to show up to save his life--he had to play the hero himself.

My doctor told me, 'You're just going to be a train wreck if you don't start managing your own health,'" said Guridi, age 70. "Three years ago, I was on nine pills for diabetes, high cholesterol and triglycerides after open-heart surgery, now, I'm on two pills plus low-dose aspirin."

"There's no quick fix," said Guridi as he credited his good health to the basics: an exercise regimen, reduced calorie intake and a French secret weapon: two glasses of wine each day. He has lost 65 pounds in the last three years and plans to lose another 15 – 20 pounds. Five days a week, he burns 500 calories on one of the Embarcadero YMCA stationary bicycles set to an 11 degree incline. When he started, he burned 200 calories daily. Now, he clocks about 130,000 calories in 260 workouts each year. When he travels, he finds an exercise facility on the road.



Embarcadero Y member Maurice uses determination and the Y to raise his health.

Good Health: Cont. Page 3

## Roll out the stops in Wheelchair Rugby for all

By Steve Dalton

Instead of hearing the "chirp, chirp, chirp" of hi-tops on hardwood, on Saturday afternoons in the Embarcadero YMCA gym, you'll hear the peals of skidding tires and the clang of metal on metal. It's Wheelchair Rugby, and it's better than bumper-car basketball!

Nils Jorgensen, a former international competitor, is our coach. He created this program to introduce the game to players with and without disabilities. You bring the burn to learn, and we'll give you the gear and a good workout.

Teams are usually four on four. The object of the game is to score by crossing the goal line while in possession of the ball. Defense consists of slowing the offense



with wheelchair-to-wheelchair contact, and blocking passing lanes by position.

To start, we get into our rugby chairs and run drills. The drills build ball handling and wheelchair skills. This is especially useful for the players used to running the court. The drills focus on speed, stamina, and strategy for the game.

Once play starts, things get interesting. Imagine flying down court, pushing the wheelchair while carrying the ball.

Rugby: Cont. Page 3

- Jun 3** Election Day submit ballots!  
Now Step Intermediate  
Studio 3, 5:30 p.m.  
Yoga 101 on hiatus  
Beginning Yoga Studio 2,  
6 p.m. – 7:15 p.m.
  - Jun 5** Latin Moves 5:30 p.m. Studio 3
  - Jun 6–8** SF Y-Fit Health & Fitness  
Regional Training Conference  
Become a wellness coach or  
group exercise instructor  
9 a.m. – 7 p.m.
  - Jun 7** 30mi City Ride, 8:30 a.m. Meet in  
Lobby. Course TBD. Wear helmet.  
Sign up in Cycle Studio.
  - Jun 13 & 14** FreePlay performs at SomArts  
934 Brannan Street 7:30 p.m.
  - Jun 21** Extended Roof Rides resume!  
9:30 a.m. – 11:30 a.m. Sign up in  
Cycle Studio. Every 3<sup>rd</sup> Saturday  
through Sept.
- Aquatic Highlights**
- Jun 12** Arthritis Foundation Exercise  
begins 12:30 p.m. – 1:30 p.m.
  - Tues** Advanced Butterfly 5 p.m. – 6 p.m.
- Weekly Highlights**
- Tues** Scrabble in the boardroom  
5:30 p.m. – 9:30 p.m.
  - Wed** Renaissance Toastmasters  
in the boardroom  
6:15 p.m. – 7:30 p.m.
  - Thurs** Sierra Toastmasters in the  
boardroom 6:45 p.m. – 8:30 p.m.

## Is that bulge coming from your beverage?

Studies show that Americans now get nearly twice as many calories from beverages as they did in the 1960s. The sheer number and variety of caloric beverage options, the growing portion size of beverages and the way we “count” beverages as part of our diet (we don’t) have combined to make what we drink a major culprit in poor nutrition and weight gain.

The body and mind register beverages differently from food, which is why these calories can sneak up on people. According to the Center for Disease Control and Prevention (CDC), a drink’s rapid passage through the mouth provides less time for signals to trigger the brain that you are

eating. Compared to beverages, solid food takes time to chew and seems to provide a feeling of fullness, which signals the brain to stop eating. Thick liquids (like smoothies and shakes,) register fullness more than coffee and water.

Also, some research suggests a psychological component to our inattention to liquid calories. Many of us consider beverages a separate category that does not “count” in the same way as solid food, and studies found that there is rarely a reduction in food intake in response to beverage consumption.

### What can you do?

- **Watch portion size** – is that bottle of

juice 12 ounces or 20? One serving or three?

- **Slow down** – give your body and mind a chance to “register” that beverage.
- **Choose wisely** – as with food, there are smarter choices (water, low sugar, low fat) and times for special treats.
- **Count it** – whether you regularly keep a food journal or are just recalling what you’ve eaten on a particular day, count your beverages.
- **Taste test** – try mixing water with your juice (reduce the calories by half), try a non-sugar sweetened version of your favorite beverage or add ice to your beverage.

## On your mark, get set, jump!

Into freezing water that is. This fall, on October 19, we’ll host Ti2Y, our fourth annual Bay Bridge swim from Treasure Island to the YMCA. We’re currently planning for the event and want you all to mark your calendars too! Whether you want to volunteer as a kayaker, ferry boat helper or actually swim the event, we’d like to hear from you.

If you’d like to train to swim the 1.5 mile course, there’s no better place to train for distance swimming than with the Embarcadero Masters team in our pool. Our coaches will be on hand before, during and after Ti2Y to help members and swimmers.

If it’s the thought of bay water that’s turning your feet cold then we’d like to alert you to two groups that will help you train for the event. Coach Pedro Ordenas at Waterworld Swim ([www.waterworldswim.com](http://www.waterworldswim.com)) is a member of American Swim Coaches Association and the World Swim Coaches Association and can help you with group and individualized open-water lessons. Over the years, Pedro has built a loyal following of open-water swimmers, including many successful Ti2Y participants!

SwimArt ([www.swim-art.com](http://www.swim-art.com)) offers an opportunity to test the bay waters slowly and gently. Hundreds of new open-water swimmers have taken the leap into the cold, salty water of San Francisco with coach Leslie Thomas. Advanced clinics focus on specific skills—racing skills, sighting, and rough water—giving people more opportunity to practice, learn more about, and fine-tune these delicate techniques. Group Swims give people the chance to swim and train together. So put on your Speedo and maybe a wetsuit and take the plunge. Click here to register for Ti2Y, or go to our homepage [www.ymcasf.org/embarcadero](http://www.ymcasf.org/embarcadero) and click the link for Ti2Y to take you to our active.com page.



## Check your posture, running gait

Now is a good time to get your posture or running gait checked out here at the Embarcadero YMCA. The 15-minute tests are conducted by Dr. Amelia Mazgaloff, D.C. of Chiro Health. The posture screen test takes place in our lobby and consists of a postural and range-of-motion evaluation. The running gait analysis involves an evaluation while walking or jogging on a fitness center treadmill on the third floor. Each test costs \$20, which goes directly to the Embarcadero YMCA Strong Communities Campaign which closes on June 30. Sign up for an appointment and pay the fee at the Member Services desk. Test dates and times are as follows:

- Posture Screen Tuesday, June 3, 4:00 p.m.—last appointment at 5:45 p.m.
- Running Gait Screen Tuesday, June 17, 4:00 p.m.—last appointment at 5:45 p.m.

**For further information, please contact Bob Darling, Fitness Center, 415.615.1355 or [rdarling@ymcasf.org](mailto:rdarling@ymcasf.org)**

## The Green Corner

As you get your body into shape, don’t forget the shape of the planet. Does your fitness routine leave a trail of plastic water bottles, dead batteries and used polyester workout clothes behind? We’ve talked about reusable water bottles in a previous edition but what about the batteries powering your music? Are you re-using them or at least tossing single-use batteries into the disposal box on our third floor? And what about the polyester or PVC in your workout gear? If you’re seeing a rise in the price of your polyester or lycra workout clothes, you might find that the cost of oil is affecting any fabric made from petroleum byproducts. Try good old cotton, preferably organic. And did you know you can get yoga mats made from real rubber rather than PVC which is highly carcinogenic? Check out this article on the blog: [www.sparkpeople.com](http://www.sparkpeople.com) for resources to green your workout routine.

## Determined to find good health and take fewer pills

**Good Health:** Cont. from Page 1

"It's almost like a narcotic when you exercise a lot," he said. "You feel so good and you want to feel that good all the time. My doctor is really happy with me now."

A wine distributor by trade, Guridi started his regimen after the open-heart surgery when he was living in Bend, Oregon for a year and facing complications from diabetes.

"Excess weight and lack of exercise are the worst things a person can do to themselves—you might as well put a gun to your head," he said. "If someone gets tough with themselves and is stubborn about sticking with it, they'll sleep better and they'll feel better about themselves."

When he moved back to the Bay Area, he shopped around for a gym. He chose the Embarcadero YMCA for its location, the facilities and the staff.

While he has increased his time on the stationary cycle, Giridi has cut back on his workload. His son is now mostly managing the wine business and Giridi, at 70, spends just a couple of days per week at work, in our computer lab.

*"Excess weight and lack of exercise are the worst things a person can do to themselves—you might as well put a gun to your head."*

—Maurice Guridi

"It's fun to come here because the people are so friendly—Bart, Bob, Danny and Michael just make me laugh," he said. "I've started doing sign language with some of the staff and I have more fun with those guys. Bart is like a private tutor in the computer lab."

Giridi said he also likes the location for its proximity to the Rincon Center food court and its dizzying array of low carbohydrate and low-fat meals.

"You can manage your diet with all the ethnic kiosks at the Rincon Center: get a salad or low-fat protein entrée with a lot of water and it's delicious and great for you.

## Raffle Winners

### Y Bucks Gift Certificates:

Theodore Cisneros  
George Duvoisin  
Betty Elrod  
Jacqueline Gandy  
Tong Ginn  
Robin Havens  
Mie Hommura  
Violet Lee  
Kim Lu  
N. Mackintosh  
Connell O'Leary  
Dan Ray  
Randy Smith  
Mark Torres-Gil

### Giants Club Level Tickets with parking pass:

Tom Sleckman

### Dinner at Ozumo & a night at the Harbor Court Hotel:

Manohara Shankar

## Wheelchair Rugby

**Rugby:** Cont. from Page 1



A defender is about to T-bone you. Anticipating the impact, you clench your teeth and want to close your eyes. At the last second, you make an evasive move and cross the goal line.

"Sweet, my first goal!"

At the end of a recent session, my girlfriend Sydney

wouldn't get out of her chair. She was squeaking out figure eights on the wood, exclaiming, "This is awesome!" Everyone—paralyzed and able-bodied—had spent the afternoon playing together as equals.

Come out and join us. You'll get a great aerobic and upper body workout. You'll also leave with an extraordinary sense of accomplishment and enthusiasm for this sport and those who play. Just ask our photographer - he was cheering wildly by the end of the game.

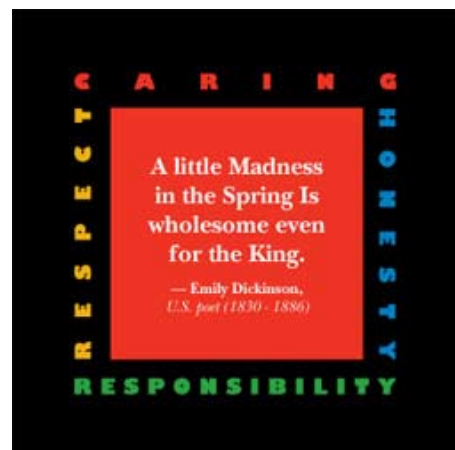
*Writer Steve Dalton has been a participant in the YMCA's Disabled Fitness Program since 2002 and active in spinal cord injury peer support. He splits his time between living on a boat with two dogs and living in San Pablo with a 20-pound cat.*

## Kinesis Konnection

by Ross Goo

In a continuing series, we will be communicating awareness about that new studio on the third floor. If you're wondering about what's going on behind the glass door to that room with the large pulleys and sweating groups of people, look here for answers.

Does it work and how does it work? Since its launch in February, the Kinesis semi-private movement training program has seen over three dozen clients make measurable results. Clients enroll in a turn-key progressive program reinforced by a trainer and fellow clients in the group. Their workouts are quick, efficient and work their total body. Each of the four machines provides a multitude of strength-conditioning options based on integrating the core of the body into the workout designed to mimic daily activity or sport movement rather than machines designed to make a muscle bigger. The measures of success are based on feeling better and therefore more attainable.



## The kids are coming and we love it!

Have you noticed our new KidZone on the second floor at the Embarcadero YMCA? We're seeing increased demand for kids' programs here despite our downtown location so over the coming months, you'll see more children throughout our building. Swimmers' siblings can play at the KidZone while their parents relax and watch a lesson or swim team session. Also coming this month: Camp! Beginning June 16, we'll be hosting 215 campers each day. Most will take off for fun adventures off site all day and return to the branch at the end of the day for their parents to



pick them up. This year, the community response to our camp programs has been off the charts with most sessions full at this point. Additionally, we had a record number of requests for financial assistance

from campers and we've given out all funds provided by our generous donors. Sessions for younger campers and our eldest campers (Pioneers, Adventures and Movin' On) are already full but we do have some spaces for Explorers. If you're still looking to enroll your child, check the board behind the membership desk for availability.

## Aquatic Calendar

### Camp Swim Lessons:

Classes are scheduled for Monday–Friday between 8:00 a.m.–9:30 a.m. The activity pool will be reserved for camp lessons during these times.

Session 1: June 16<sup>th</sup> – June 20<sup>th</sup>

Session 2: June 23<sup>rd</sup> – June 27<sup>th</sup>

Session 3: June 30<sup>th</sup> – July 3<sup>rd</sup>

### Adult classes, Session 3:

Monday classes: June 9<sup>th</sup> – July 14<sup>th</sup>

Tuesday classes: June 10<sup>th</sup> – July 15<sup>th</sup>

Wednesday classes: June 11<sup>th</sup> – July 16<sup>th</sup>

Saturday classes: June 7<sup>th</sup> – August 2<sup>nd</sup>  
(no class July 5<sup>th</sup>)

### Youth Swim Meets:

Saturday, May 31<sup>st</sup>, 2008 was our first meet of the season.

**Please contact Michael Ryan Noble, Aquatics Director, to try-out for the team: 415.615.1305.**

## Helping children cope with bereavement

*Source: American Academy of Pediatrics*

By age five, children understand that death is an irreversible event. Yet even though youngsters recognize that death is something more than going to sleep for a long time, they still may have many unanswered questions that they may not verbalize: Where did grandmother go when she died? What is she feeling? Is she in pain? Why did she die? Can we ever see her again? Are you going to die too? Who will take care of me if you die?

Offer opportunities for your child to ask questions. The more clear and honest your answers, the better the child will fare.

### Children React Differently

One child might quietly and sadly express his grief. Another might become rambunctious and oppositional. Still

another might become extremely anxious. Youngsters take their cues from the reactions of family members, particularly parents. In some families, death is a taboo subject, and children sense that they should not talk about it; in others, death is discussed openly and children feel comfortable expressing their sadness.

**Death of a grandparent** When a grandparent dies, children may not find it as devastating as the loss of a parent or sibling. If the grandparent has provided day-to-day companionship for the child, i.e. living with the family or residing nearby, the death will be much harder.

**Death of a parent** Whenever a child loses a parent, the event is traumatic and alters the course of his or her development. You cannot protect the child from what has

## Let children choose their own chores

It's important that children learn the importance of pitching in at home and at school. Having children help with chores teaches skills, independence and responsibility, and children feel they belong when they can make a contribution. Getting children to do chores is easier if they have some say in deciding what chores they do and when they should do them.

### Some suggestions for easing the process:

- **Start early.** Even young children (age 3 and up) can learn they need (and like) to help and be given small tasks to do like clearing their dishes, picking up toys or helping the cook stir batter, tear lettuce or add pizza toppings.
- **Give children responsibility** that is meaningful or has a purpose.
- **We can all grow resentful** if we're only given menial tasks, or chores that no one else wants to do.
- **Vary the tasks** and let kids pick a chore from time to time. Put chores in a hat or use a chore wheel or sign-up sheet.
- **Be clear about your expectations.** Be specific and thorough in your instructions. "Clean your room" should be further broken down into "bed made, clothes hung up, toys and games put away".
- **Give children time to learn.** If you take over and do things when children make mistakes or criticize their efforts, children will never learn to master the task.
- Offer lots of praise and thanks for a job well done.

happened, but you can help him or her face the reality of it. If you are a surviving parent, in addition to dealing with your own feelings of loss, you need to help your child through this experience. Expect reactions ranging from regression and anxiety to anger and depression. Be honest and open about what has taken place. Provide your child with a lot of comforting, both verbal and nonverbal.

**Cope:** Cont. Page 6

## International Y: Bulgaria

Despite a turbulent history, Bulgaria is the oldest surviving state in Europe to have kept its original name, since A.D. 681. Bulgaria is located on the Balkan Peninsula and is bordered by Serbia, Macedonia, Turkey, Greece, Romania and the Black Sea. The terrain varies with large mountains, fertile valleys and a beautiful coastline along the Black Sea. Bulgaria is slightly larger than Tennessee, covering an area of over 110,000 sq km.

Bulgaria's population of more than 7.5 million people consists mainly of ethnic Bulgarians, with two sizable minorities being Turks and Romans. Ninety-six percent of the population speaks Bulgarian as their mother tongue, and almost 83% belong to the Roman Orthodox Church.

### The YMCA of Bulgaria

The YMCA of Bulgaria was originally founded in 1898 but



was closed down in 1942 by the government in power at the start of World War II. After half a century, it was reestablished in 1992 as a national network.

Currently an association of 4 local YMCAs exist in Gabrovo, Plovdiv, Russe and Sofia. The Sofia YMCA focuses on art and culture such as puppet theatre. The Plovdiv YMCA focuses on social and public services like ecological trainings for youth on how to protect the

environment. The Gabrovo YMCA concentrates on leadership development and camping programs, and the Russe YMCA works on healthcare, including educating youth about HIV/AIDS.

YMCA-Bulgaria attracts approximately 750 participants in its activities every year, reaching more than 1,535 young people under the age of 30.

**To learn more about YMCA work around the world visit [www.ymca.net/worldservice](http://www.ymca.net/worldservice).**

## Local YMCAs on the ground after Chinese and Myanmar disasters

*Editor's Note: As an organization with offices in 120 countries, the YMCA is present in thousands of communities as they face both happy and disastrous events. In both China and Myanmar, longstanding YMCAs were on the ground, helping survivors in the aftermath of natural disaster.*

In the Sichuan region of China recently hit by devastating earthquakes and aftershocks, the YMCA was on the ground, helping survivors. The efforts to assist the community YMCA of the USA approved \$10,000 from YMCA World Service to aid in relief efforts. YMCAs from around the world have committed additional resources to support the recovery and rehabilitation of the Ys and impacted region. The Chengdu YMCA is the closest Y to the earthquake's epicenter, located only 57 miles away. Staff and students survived but the 1925 building was damaged.

The Chengdou YMCA offers programs such as a chess and bridge club, chorus group, calligraphy and cartoon courses, English classes, a music school and a community center for holding lectures and discussions. It also operates the Jintang YMCA School and the YMCA Yellow House Jintang Orphanage.

As of May 15, all staff and school pupils of the Chengdu YMCA are safe. No one was injured. The roof of the Chengdu YMCA was seriously damaged as well as the surrounding walls at the YMCA Jintang Primary School. Pupils were safely evacuated in time. YMCA primary school staff put up some tents for the children of the YMCA orphanage. Communications are still difficult, especially with mobile phones.

Ms. Jin Wei, Acting National General Secretary, National Committee of YMCAs of China, will visit Chengdu and we expect to receive an update from her on the recovery and rehabilitation plan.

Following the devastating cyclone that hit Myanmar on May 3, 2008, the Yangon YMCA has been able to provide medical attention to thousands of people. After a long wait, a German nonprofit was finally allowed in the country to assist the YMCA. The Korean YMCA, in cooperation with the Korea Medical Association, and Daewoo International is awaiting visas for a team of 60 medical doctors, nurses and volunteers.

YMCA of the USA sent a message of caring and support to Dr. Sonny Nyan, Honorary National General Secretary, National Council of YMCAs of Myanmar, expressing our solidarity during this time of great loss and suffering. YMCA of the USA-World Service has committed \$10,000 to support recovery and rehabilitation efforts that will be coordinated with the Asia and Pacific Alliance of YMCAs.

Due to the difficulties in getting supplies to Yangon, Dr. Nyan has traveled to Bangkok to secure much-needed medical items and food and transported them by road via the Mae Sot border crossing in Northwest Thailand. The YMCA is taking care of victims who have lost their homes in the Hlaing Thayar township. Communication is still difficult.

The first YMCA in Myanmar was established in 1894. Currently there are 13 local associations located in Yangon, Hakha, Hpa-An, Kut Kai, Lashio, Mandalay, Mogaung, Taungoo, Myitkyina, Pyinmanar, Pyin Oo Lwin, and Taunggyi. The cyclone caused damage to the Yangon YMCA building and disrupted the YMCA outreach programs in Hlaing Thayar township where the Yangon YMCA runs an education program and an eye clinic.

**If you are interested in contributing to this effort, please visit YMCA World Service at [http://www.ymca.net/worldservice/donate\\_to\\_worldservice.html](http://www.ymca.net/worldservice/donate_to_worldservice.html).**

# Helping children cope with bereavement

Cope: Cont. from Page 4

Reassure him or her that you are not going to leave, too, and that life will get back into a routine as soon as possible.

If the primary caretaker has died, and the spouse must return to work, he or she should find someone to assume a caretaking, nurturing role for a while—perhaps a relative or a nanny. Even so, while these substitutes can assist with day-to-day functions, the surviving parent will still need to spend more time with and give more attention to the child to help him or her adjust to their new life.

**Death of a sibling** When a brother or a sister dies, children can find it just as difficult as losing a parent, sometimes even more so. In some ways a sibling is the person to whom a child is closest. They have been constant companions, sharing many life experiences. Perhaps they even shared a bedroom. When a sibling dies, children may feel guilty, particularly since at some point nearly every youngster wishes that her sibling were dead. Or they

may have survival guilt (“Why did he die and I didn’t?”). They may even feel guilty because of the jealousy they experienced if their sibling was ill and got extra parental attention.

If one of your children dies, do not ignore the others during the grieving process. Even though you may be overwhelmed with your own sadness, your other children need a lot of attention, comforting and understanding. Mobilize other extended-family members and friends to help give your children support. Try to avoid putting the deceased child on a pedestal, or your other children may feel they can never be as perfect or as good in your eyes.

### Do not shield your children

Some adults believe that children should be shielded from death. They keep children away from funerals. They try not to cry in front of their youngsters. They may make up stories in an attempt to protect children from pain (“Grandma had to go away for a long time; we won’t see her for a

while”). They may avoid all discussions of the deceased.

Despite the good intentions of these actions, they don’t work and are counterproductive. As with most topics, communicating with children about death should be honest and direct. Children need to grieve as much as adults do. They need to be able to share their feelings and talk about how they are going to miss the person who has died. By school age they have already been exposed to death, even if only indirectly, by watching television or hearing about it from friends. Death should not be covered up and hidden.

To help your child, you need to feel comfortable with your own grief reaction over the death of a loved one. It is appropriate for your child to see you cry when you feel sad; he will take comfort knowing that you are expressing your feelings so openly. This will make it easier for him to do the same.

## Staff of the Month

Kulinda Silva, Member Service Representative

The Aquatics Department would like to recognize Kulinda Silva for providing excellent membership service to our Saturday morning families for eight years. He is reliable, knowledgeable, and a great representative of the Embarcadero YMCA. Our program has come a long way and he has consistently been a caring and respectful presence for program participants as well as for the aquatic staff. We appreciate that everyone who comes to our pool on Saturday morning is greeted with a friendly smile. He is the sort of personality that we look for in our swim programs and we hereby award Kulinda staff of the month and the title of honorary swim instructor!—Thank you,



## Volunteer of the Month

Dina Brooks, Community Program Volunteer

Dina Brooks is a volunteer at The Embarcadero YMCA After School Program at The Canon Barcus Community House. As the school year comes to an end we would like to show our appreciation for Dina by naming her Volunteer of the Month! Dina is a natural when it comes to working with youth and her genuine concern for each child really shows. Dina also works at Tenderloin’s Community School’s After School Program and has offered free resources and trainings to the Canon Barcus staff over the last year. Dina will definitely be missed when she takes off for graduate school, but we wish her all the luck with her studies in Honolulu!



## Embarcadero YMCA Seniors step out to the point



As part of our Open House week on April 19th, the Embarcadero YMCA brought 19 active older adults out to the YMCA Point Bonita in the Marin Headlands for lunch, a two-mile hike and a tour of the Point Bonita lighthouse. Although the views were obscured by fog, everyone had a great time and learned something about a special wild spot just north of San Francisco.

### Editor

**Grace Reddy**

**greddy@ymcasf.org**

### Art Director

**Milton F. Repreza**

**mrepreza@ymcasf.org**

### Circulation Manager

**Kris Weiss**

**embarcadero.circulation@ymcasf.org**

Direct your questions and comments to the following departments:

### Executive Director

**Kristen Greenville**

**kgreenville@ymcasf.org**

### Associate Executive Director

**Tom Eck**

**teck@ymcasf.org**

### Community Giving

**Grace Reddy**

**greddy@ymcasf.org**

### Aquatics

**Tom Eck**

**teck@ymcasf.org**

### Group Exercise

**Ross Goo**

**rgoo@ymcasf.org**

### Community Programs

**Troy O'Leary**

**toleary@ymcasf.org**

### Orrick Year Round Enrichment

**Laura Grishaver**

**lgrishaver@ymcasf.org**

### Youth Chance High School Principal

**Patrizia Guiotto**

**pguiotto@ymcasf.org**

If you would like to have your e-mail removed from our circulation list, respond to [embarcadero.circulation@ymcasf.org](mailto:embarcadero.circulation@ymcasf.org).

For more information about our programs and schedule, visit [www.ymcasf.org/embarcadero](http://www.ymcasf.org/embarcadero) or call 415.957.9622.

Financial Statement: Through the generosity of our many supporters, the Embarcadero YMCA, a branch of the YMCA of San Francisco, offers affordable programs and services designed to benefit people of all income levels. If fees are a concern for you, please request a Financial Assistance Application by calling 415.615.1328.



YMCA

We build strong kids,  
strong families, strong communities.