

Dear Friends,

October 2008

Summer has come to a close and fall is upon us. I'd like to update you on the remarkably eventful summer we had at the YMCA of San Francisco. While some kids were experiencing the wonders of the great outdoors at camp, others had the opportunity to become global citizens, traveling overseas to both Prague and Taipei under the umbrella of the YMCA.

We continued to keep our youth, adults and families active through our participation in our America on the Move week and as stewards of the environment at YMCA Point Bonita's Coastal Clean Up day.

With kids back in class, we continue to provide safe and affordable after school educational and enrichment programs, community outreach, sports and a variety of social services, building life long assets and character for our youth.

As we look ahead, I hope that you all are enjoying this wonderful season and I look forward to sharing our 2007-2008 annual report with you shortly after the New Year.

Sincerely,



Charles M. Collins  
President & Chief Executive Officer



### **MEMBER ENGAGEMENT**

- Numbers tell the story as we continue to expand our capacity in the community. Our impact and presence in San Francisco, Marin and San Mateo counties reaches 183,332 people who are engaged in and committed to healthy lifestyles and connected communities.
- On an average day, we engage 19,468 youth in a variety of ways, including child care and after-school programs, summer day and resident camps, community outreach and Safe Havens for teenagers, Beacon Schools and academic advancement, aquatics and youth sports.

## **HEALTHY LIFESTYLES – ACTIVATE AMERICA**

- The YMCA of San Francisco and America on the Move Foundation joined forces and encouraged families and individuals to take small steps to a healthier lifestyle during the annual America on the Move week, September 20<sup>th</sup>-27<sup>th</sup>.
- Our branches provided a variety of opportunities, from a 10 mile urban hike to various community outreach events – providing pedometers and Healthy Home Starter Information Kits to participants.

## **HOLISTIC DEVELOPMENT OF YOUTH**

- With 30 YMCA youth, staff and volunteer participants, we attended the recent 2008 YMCA Europe Youth Festival in Prague. Thousands of YMCA youth from 2,617 different YMCA branches throughout the world participated in leadership development, sports competitions, scouting activities, displays and exhibitions, arts and humanities performances and workshops on diverse topics all focused on creating global citizenship.
- Three college students from the Chinatown YMCA went to Taipei for five weeks this summer, volunteering at three YMCA day camps where they were responsible for implementing recreational activities and academic lessons.
- Both groups of kids commented on how unbelievably breathtaking and life-altering it was to experience life in a different country.

## **SAFE AND SUSTAINABLE COMMUNITIES**

- On August 31<sup>st</sup> and September 14<sup>th</sup>, the YMCA of San Francisco partnered with the City of San Francisco's Shape-Up initiative at the inaugural Sunday Streets events. This is an innovative pilot project aimed at connecting local residents to San Francisco's neighborhoods along the Embarcadero with healthy and safe activities. The Bayview Hunters Point, Embarcadero, Presidio Community and Chinatown YMCAs all participated..
- 20,000 Bay Area residents were provided with free physical fitness opportunities, to include the Presidio YMCA's bike skills training and the Embarcadero YMCA's physical activity program for people in wheelchairs.
- Hundreds of non-profit organizations collaborated to make this event a success and the YMCA's partnership strengthened our capacity for coalition building and our ability to encourage and promote healthy living as we keep our commitment to the **Pioneering Healthier Communities** initiative of the YMCA of the USA.

## **OUTDOOR PROGRAMMING**

- On Saturday September 22<sup>nd</sup>, YMCA Point Bonita, in partnership with REI and Willow Creek Academy, hosted 90 people for breakfast and trash pickup for Coastal Cleanup Day.
- 66 pounds of trash and 24 pounds of recyclables were cleaned up from the less than two mile stretch of coastal access in the Marin Headlands.

## **FAMILY STRENGTHENING**

- Your family belongs at the YMCA, and in July, our Stonestown Family YMCA set out to prove it, launching an enthusiastic new family program design providing weekly family events to engage them in all aspects of the YMCA.
- Activities include family pool night, special event night, special work out night, game night and more.
- After just three months of programming, what started out as only one family at a special event night has turned into more than 40 participants at their most recent game night.