

Admiral Gary Roughead, Chief of U.S. Naval Operations, keynotes the 4th Annual Angels of the Battlefield Gala

The Armed Services YMCA (ASYMCA) once again honored the military men and women who administer life-saving medical treatment to our troops on the front lines at the 4th Annual Angels of the Battlefield Gala on March 17th. Admiral Gary Roughead, Chief of U.S. Naval Operations was the keynote speaker for the event.

ASYMCA worked with the military services to select corpsmen and medics from the Army, Marine Corps, Navy, Air Force, Coast Guard, Army National Guard, Army Reserve, Navy Reserve and Air Force Reserve to represent their respective services and to receive awards on behalf of their fellow corpsmen and medics for their dedication and commitment to service.

“Our medical services personnel are responsible for providing first aid and frontline trauma care on the battlefield. They are the wounded warrior’s best friend, the calming presence in the fury of a firefight, the first to respond to pain and tragedy,” said Gen. Eugene Habiger, USAF (Ret), chairman of the National Board of Directors of the ASYMCA. “These heroes — these angels — are the first to turn back, to risk their own lives for the sake of others, and we recognize them for their service, their dedication, their sacrifices and their bravery.”

Representing their respective services, this year’s Award recipients were:

SSG Gustavo Rodriguez, Army, from Edgewood, Md. Staff Sergeant Rodriguez was inspired by his father, a decorated Vietnam veteran, to join the military, and considers being called “Doc” by his fellow soldiers a badge of honor;

HM1 Christopher Daily, Marine Corps, from Downingtown, Pa. Petty Officer First Class Daily has served the United States Marine Corps for 17 years, including two tours in Iraq and one in Afghanistan. The son of a Vietnam veteran, he is proud to set a good example for others;

HM2 Luis S. Fonseca Jr., Navy, from Fayetteville, N.C. The husband of a fellow corpsman and son of a retired soldier,



ADMIRAL GARY ROUGHEAD, CHIEF OF U.S. NAVAL OPERATIONS.

Petty Officer Second Class Fonseca has served with the Navy for nearly 11 years.” Petty Officer Fonseca is the recipient of the Navy Cross;

SSgt Rykeshia Haywood, Air Force, from Baltimore, Md. Staff Sergeant Haywood joined the military to “do something different, something no one expected of me.” She has been awarded the Army Commendation Medal;

HS2 Erica Aberle, Coast Guard, from Brooklin, Maine. Petty Officer Second Class

Erica Aberle represents the third generation of her family to serve in the United States military;

SSG Frances A. Hinton, Army Guard, from Rapid City, S.D. Staff Sergeant Hinton has served the U.S. Army National Guard for 21 years, taking inspiration from her grandmother, a nurse, to become a medic.

SFC Nathaniel Parsons, Army Reserve, from San Antonio, Texas. Sergeant First Class Parsons joined the military to pursue the medical field and take advantage of the G.I. Bill. With more than 16 years of service, Parsons is the recipient of the Joint Service Commendation Medal;

HM2 Chris Ehrman, Navy Reserve, from Meridian, Idaho. Petty Officer Second Class Ehrman has served the U.S. Navy Reserve for six years. His grandfathers on both sides served in the Pacific during World War II;

And CMSgt Robert A. Poisson, Air Force Reserve, from Fort Worth, Texas. Chief Master Sergeant Poisson has served the U.S. Air Force Reserve for 28 years;

After delivering the keynote speech, Admiral Roughead also presided over the re-enlistment ceremony for Petty Officers Second Class Luis and Maria Fonseca from Fayetteville, N.C. More than 300 attendees were on hand at the annual event, including members of Congress, officials from the Department of Defense and members of the media.

See the Centerspread (pages 8 and 9) for more photos from the Angels of the Battlefield Gala.

Report of the Chairman of the Board

In 1861, Reverend George Stuart, Chairman of the U.S. Christian Commission, forerunner of the Armed Services YMCA, wrote a letter to President Abraham Lincoln outlining the plan for the U.S. Christian Commission to support the soldiers who were engaged in the Civil War gripping the country. In part President Lincoln replied:

“Your Christian and benevolent undertaking for the benefit of the soldiers, is too obviously proper, and praiseworthy, to admit one difference of opinion. I sincerely hope your plan may be as successful in execution, as it is just and generous in conception.”

Such were the humble beginnings of YMCA service to military service personnel, because the U.S. Christian Commission was part of the YMCA movement sweeping the country. In looking back at the beginning and moving forward to today, the mission

has been a steady drum beat . . . and whether one calls it “Following the Flag”, “Home Away from Home” or “Serving Those Who Serve America” . . . that drum beat has never wavered.

Today, the Armed Services YMCA watches over the families of those deployed in various capacities around the world. We hold the hands of our military families while hearts are apart; hopefully helping to ease the long and frequent separations.

We would be remiss not to thank the 9395 volunteers who so generously gave over hours 169,803 during 2009. Considering the increase in numbers of programs offered during this past year, we simply could not have done it without your support. Equally important are the staff members who helped deliver programs to some 421,000 Service personnel and their families. Program delivery is and always will be a team effort and 2009 was no exception.

Also, a very big THANK YOU to our supporters. During 2009, \$2,374,899 was given to support ASYMCA operations. Your generosity has allowed expansion of ASYMCA services not possible before. Rest assured, the ASYMCA will use these dollars wisely to enhance current programming as well as expanding services to new areas. The future of the Armed Services YMCA is indeed bright.



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YMCA Military Outreach Initiative

In 2009, The Armed Services YMCA (ASYMCA) continued to administer the Military Outreach Initiative with the Department of Defense (DoD).

This program provides eligible military families

and active duty personnel with access to youth development, family strengthening, and health and well-being programs through memberships at community YMCAs

and some private fitness companies nationwide. Membership fees are underwritten by the DoD

and administered through the Armed Services YMCA. The network of over 2,686 YMCAs

have provided overwhelming support for this initiative and over 30,000 military families and 40,000 children were served in 2009.

The ASYMCA-DoD Outreach Initiative grew from a provision in the National Defense Authorization Act of 2008, which requires the Secretary of Defense to develop a plan to support military family readiness and to ensure military family readiness programs and activities are available to all military families, including those of the National Guard and Military Reservists.

“YMCA of the USA is proud to partner with ASYMCA and DoD to ensure that our nation’s military and their families have access to some of the best youth development, family strengthening, and health and well-being programs available at YMCAs in communities across this country,” said Neil Nicoll, president and CEO of the YMCA of the USA. “Our

YMCAs have the unique capability to provide families of deployed military service members with support that is generally only available to families who live near a military base.”



“The YMCA and ASYMCA have a history of commitment to developing innovative programs that help military families lead healthy lives, improve personal and family relationships, become better leaders, strengthen positive values, and develop specific skills, while at the same time building a sense of community,” said Frank Gallo, Rear Admiral, USN (Ret), National Executive Direc-

tor for the ASYMCA. “Seldom has our support been as critical as it is today with active duty soldiers, National Guard, members of the reserve and their families under more strain than at nearly any time in our history.”

Those military families and singles eligible to participate in the continuing initiative include:

- All interested families of joint deployed National Guard and Reserves
- Active Duty Independent Duty station personnel (single or family members)
- Relocated spouses and family members of deployed Active Duty personnel
- Community Based Warrior in Transition Unit (single or family membership)

The Military Outreach Initiative will continue to run through 2010 and the contract has a provision for Option Years through 2013

Hails & Farewells

In March we said farewell to the Honolulu ASYMCA branch executive director, John Bates. He was bid farewell at a dinner featuring Admiral Robert Willard, USN, Commander Pacific Command as the guest speaker. John and his bride Stephanie will remain in Hawaii so we won’t lose track of him. We wish for them fair winds and following seas and Semper Fidelis.

The new branch executive director is Stan Lum. Stan is a Hawaiian native and we welcome him with much Aloha.

The Armed Services YMCA is a 501(c)(3) charitable organization, focusing on providing social services to military members and their families, particularly below the rank of E-5. This subscription is provided to donors and other organizations that may be interested in the welfare of America’s troops. To correct or remove your name from the mailing list, contact the Armed Services YMCA, 6359 Walker Lane, Suite 200, Alexandria, VA 22310; phone, 703-313-9600, or fax, 703-313-9668. Call or email the staff of the Armed Services YMCA for additional information, or visit our website at www.asymca.org.

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CFC #11085

Making a difference . . . yesterday and today

... a Message from the Executive Director

Is it REALLY May already? It seems that just yesterday it was Christmas and now we're approaching the mid-point of the year!.

We already have the makings of another strong year for the Armed Services YMCA in support of the young men and women who defend our country and their families. First of all, Woman's Day magazine has committed to a repeat of the very successful Holiday fund drives of the past six years. The enthusiasm of the Woman's Day staff and the generosity of their readership have made the Christmas Holidays a bit better for a very large number of military families from the active duty, National Guard and Reserves.

On March 17th, we held our



fourth Angels of the Battlefield Gala at the Reagan Building in Washington, DC. The luck of the Irish was indeed with us because folks left the event feeling it was the "best ever". Our gratitude goes out to our corporate supporters and the many individuals who give of their time and resources that permit us to serve the medics

and corpsmen who serve America.

As of this writing, our 2009 audit is complete with our auditing firm of McGladrey and Pullen and, once again, the efficiency of the ASYMCA has been documented in very low overhead with more of every dollar received turned into programs and services for the young folks who defend our country. This effectiveness and efficiency are tributes to the marvelous volunteers and staff that we are able to attract. The ASYMCA is indeed fortunate to have the services of these great Americans.

Sincere thanks to all of our volunteers and supporters. I know you join me and the National Board and Staff of the ASYMCA in keeping the men and women who defend our country in your prayers.

Michael L. Cowan joins ASYMCA National Board

The Armed Services YMCA is pleased to welcome Dr. Michael Cowan, VADM, USN (Ret) to its National Board. An established Healthcare Industry leader, Dr. Cowan is a champion for cutting-edge initiatives to facilitate health information exchange in community health networks and to augment emergency operations in disaster response.

Dr. Cowan earned his Medical Degree from Washington University, St. Louis and completed postgraduate residency training at the National Naval Medical Center in Bethesda. He attended the National War College at Fort McNair, Washington, D.C as a Senior Research Fellow. Vice Admiral Cowan retired from the U.S. Navy in 2004, after 33 years of service. His career culminated in his selection in 2001 as the 34th Naval Surgeon General and Chief of



MICHAEL L. COWAN, VADM, USN (RET.), JOINS ASYMCA NATIONAL BOARD OF DIRECTORS..

Sector practice as a result of Deloitte's acquisition of BearingPoint, Inc. in May 2009. Prior to joining Deloitte, Dr. Cowan served BearingPoint (2005-09) as the Chief Medical Officer and before that as Senior Vice President for Healthcare Solutions at Oracle, Inc.

the Navy Bureau of Medicine and Surgery (2001-04.)

Dr. Michael Cowan recently joined Deloitte Consulting, LLP as a Director in the Federal Health

(2004-05.) In both organizations, his leadership, professional relationships, and account management were recognized as key factors for the health and growth of the practices.

In addition to numerous military awards, the American Medical Association recognized him as the Outstanding Federal Health Executive of the Year in 1999. A nationally known speaker, his presentations include Commencement speeches at Tulane University Medical School and the Uniformed Services University Medical School graduations.

Mike and Linda Cowan are the parents of 4 children and 7 grandchildren. They reside in Broadlands VA, where they raise hybrid orchids and create stained glass art whenever the spirit moves them.

Camp Lejeune re-opens in larger location

Friday, April 30, 2010 saw the Camp Lejeune ASYMCA reopen in a much needed larger location. Thanks to the efforts and support from MCCS and the Camp Lejeune command, the 2500 square foot facility will enable ASYMCA staff and volunteers to resume and expand programming that had been brought to a halt by mold and mildew in the previous location.

The re-opening got off to a grand start with the first BackDoor

Boutique since August of 2009. The first customer arrived at 5:30 A.M. and by the time the doors opened at 9 am, over 100 military family members were in line. For a donation of \$20 a customer can fill up a box; a \$5 donation gets you



2 large shopping bags full. Clothes for the entire family, bed and bath linens, kitchen gadgets, office supplies, shoes, diapers and other baby supplies were available.

Staff and volunteers restocked the shelves constantly and groups of 6-8 shoppers came through at 15 minute intervals. This "crowd control" measure proved to be very wise.

Two Marines volunteered their time and helped customers carry their merchandise to their cars. "It's

good to be able to once again offer this program to our Marine families," remarked Angela Rodriguez, executive director of the ASYMCA.

The ASYMCA also operates the only food bank on base. Donations for the food bank come from as far away as



ANGELA RODRIGUEZ, EXECUTIVE DIRECTOR OF CAMP LEJEUNE ASYMCA HELPS RESTOCK SHELVES..



6 TO 8 SHOPPERS WERE ALLOWED IN AT 15-MINUTE INTERVALS.

Winston-Salem, NC. The food bank provides a vital service since the only other one the area is run by the Salvation Army and is located in Jacksonville.



The BackDoor Boutique received \$1200 in donations while the Marine Corps Foundation of North Carolina presented a check for \$1500 plus a pledge to make a monthly donation. All in all, it was a good day for a new beginning.

Killeen Armed Services YMCA continues to expand its programs

During 2009, the Killeen Armed Services YMCA continued to develop and expand its programs and services



HAVING FUN AT THE ASYMCA AFTER SCHOOL PROGRAM

to the Central Texas military and civilian communities. The Before and After School Programs increased from 30 to 36 elementary school sites, now serving 4 school districts with more than 1,700 school aged children enrolled and over 1,300 attending daily. Summer Day Camps also provide a safe place with fun activities

for 600-plus children.

This past year the Killeen ASYMCA hosted a one week resident camp free for children of military personnel. Those selected were from households where a parent was deployed, had been deployed, or was scheduled to be deployed.

And Killeen continued partnership with the Boys and Girls Club of Central Texas to provide child care fee assistance for all US Army military personnel and DOD civilians living off-post.

Among other Killeen Y Programs: Water Spray and Play Park attracted over 8,000 children of all ages last summer; the Branch donated food baskets to military families during the holidays; our Military Support Program provided events and activities for Fort Hood units; and Operation Kid Comfort presented quilts and shams to children of deployed military.

Healthy Kids Day in May attracted over 1,200 children. And we partnered with the Killeen/Heights Rotary Club to host a family event



KID COMFORT VOLUNTEERS, PARENTS, AND CHILDREN PROUDLY DISPLAY THEIR BLANKETS AND PILLOW SHAMS

in conjunction with their annual Crawfish Boil and Catfish Fry. The YMCA provided entertainment, fun activities and games for the whole family, and information on overall family well-being, healthy lifestyles, safety, and education.

2010 Raytheon Program Achievement Awards

The YMCA National Armed Services Committee initiated a Blue Ribbon Recognition Program in 1964 as an incentive for Armed Services YMCA branches to develop creative and innovation programs for military personnel. The emphasis is still the same: recognizing those efforts that can make the Armed Services YMCA an important part of many junior enlisted families.

Raytheon provides a grant to financially reward the branches providing these special programs, under the Raytheon Program Achievement Awards. The 2010 Raytheon Awards are presented in three categories: 1) Best New Program; 2) Best Use of Volunteers; and 3) Most Improved Program. The Best New Program is being honored at this year's luncheon.

In addition, monetary awards are presented to YMCAs not affiliated with the Armed Services YMCA for programs supporting the military. These community YMCA awards demonstrate America's resolve to support its service members.

Best New Program

The 'Tween' Activity Center
Fort Bragg/Pope AFB Armed Services YMCA
Fayetteville, NC

The Tween Activity Center offers the opportunity to follow the mission of the Armed Services YMCA by serving our soldiers and their families. Currently there are no supervised after school activities in place on Fort Bragg that cater to the 'tween' population. Day care is available but is very expensive for parents who only require a few hours per week. By opening the Tween Center, we are demonstrating to the families that we care about their dilemma and feel it is our responsibility to assist them in any way possible. We will operate the center using our core values: responsibility – to be accountable for their behavior and obligations to the facility; respect – to each other and themselves; honesty – to be trustworthy when checking out equipment and in competitive events; caring – to be sensitive to others feelings.

Best Use of Volunteers

"Twentynine Palms Volunteer Program"
Twentynine Palms ASYMCA
Twentynine Palms, CA

The objective of the Armed Services YMCA of the USA Twentynine Palms Volunteer Program is to provide the active duty, spouses and families of active duty and the civilian community a chance to give back to those who serve America and their families.

The mission of the ASYMCA is to provide programs to develop a healthy mind, body, and spirit for the military personnel and their families stationed at 29 Palms.

Through the ASYMCA's Volunteer Program, we meet that mission for our volunteers. For the active duty that train

daily to defend our country and deploy to Afghanistan and various other locations, whether for the first time or the fifth time, the ASYMCA Volunteer Program provides an opportunity to focus on giving back to their brothers-in-arms. For the spouses and families of active duty the ASYMCA provides spouses and families an opportunity to give back to the community. But most importantly, because typically the spouses and families come from all over the country, isolation is a major component, volunteering provides an opportunity to meet other spouses and families. For the civilian community, the program provides an opportunity to support the active duty and their families by volunteering.

MILITARY FAMILY MONTH
NOVEMBER 2010

Armed Services YMCA
RECOGNIZING MILITARY FAMILIES

WINNERS:

- My Military Family**
US ARMY WIFE: ALISA INACRITO, 8TH GRADE
Mother: LTC Laurel Hincenry, USA and Leroy Hincenry, Grand Army
- SEMI-FINALISTS**
- TYLER NICOLE MOORHOUSE, 4TH GRADE**
Mother: CDR Andrea Palumbo USCG, USCG Headquarters, Washington, DC and CWO Robin Moorhouse, USA
- LANDRECHE WIFE**
KARENNE DEWINE WILLIAMS, 4TH GRADE
Mother: Staff Sergeant Williams, USAF and Dawn M. Williams, Montgomery, Alabama
- US NAVY WIFE**
KIANA TUZOL, 4TH GRADE
Mother: Major Nicole Tuza, USMC and Lisa Tuza, Camp Pendleton, Oceanside, California
- US NAVY WIFE**
NICOLE GRAY, 4TH GRADE
Mother: CAPT Paul F. Gray, USN and Gabe Gray, Alexandria, Virginia
- US AIR FORCE WIFE**
KATHRYN OBERMILLER, 4TH GRADE
Mother: Flight Chief Obermiller, USAF and Deborah Obermiller, Aberdeen Air Force Base, England

CFC#11085 www.asymca.org **GEICO**
Proud Sponsor

Most Innovative Improvement

"Teddy's Child Watch"

Armed Services YMCA of Alaska
Anchorage, AK

The Teddy's Child Watch program provides free short-term childcare to military parents while they attend their medical appointments. We provide a safe haven for well-

Raytheon Award winners....

children while the parent receives treatment for themselves or a sick sibling.

While the children are being cared for, the parents have a chance to focus on their personal health or that of a sick child without the distraction that a well-child or children can create in the examining room. *Teddy's Child Watch* saves the parents from the stress of trying to find short-term childcare and its associated cost.

Community YMCA Awards

South Mountain YMCA / Camp Conrad Weiser

"A World Apart, A Weekend Together"

Wernersville, Pennsylvania

The American Red Cross, Berks County Chapter, and the South Mountain YMCA are initiating two weekend (Friday evening through Sunday morning) sessions at Camp Conrad Weiser in Wernersville, PA designed to provide educational and recreational activities, as well as relaxation for military families in May and September as part of a series of quarterly activities we have designed to assist the families of our communities military members stationed overseas, the military personnel themselves, and area veterans.

One weekend is open to immediate family members of the military service men and women currently deployed overseas. The other weekend is structured to accommodate service men and women about to be deployed and their families.

Each family has its own cabin. *The weekends provide both educational and recreational activities to help military service personnel and their families cope with the extreme stress that can accompany military service.*

YMCA of Greater Syracuse

"Chicken BBQ & Military Appreciation Day"

Syracuse, New York

Every year we hold a special event for adults and families on the first Saturday in June. This year it is a Chicken BBQ and Military Appreciation Day on June 5th held at our North Area YMCA branch. We have a large contingency of Reserve Units as well as Air Force units that run out of Hancock Field in Syracuse, NY as well as the local recruiting offices. In our YMCAs we have more than 400 military adults and children who participate in our programs. Through this event, we will be educating other YMCA members and the community about their presence as well as showing our appreciation for their service. Chicken dinners are provided through a local restaurant who will be cooking on-site.

Greater Manchester Family YMCA

"Military Membership Program"

Manchester, New Hampshire

The Greater Manchester Family YMCA is fortunate to be

able to provide a comprehensive Military Membership Program. The objective is to honor those serving on active duty by supporting them with free access to our facilities. We also provide support to their families during their deployments by providing their loved ones with free access, along with an array of family time programs. Our goal is to help give these service personnel and their families a place where they can feel welcome and stress free while their loved one is away. We also collaborate with local recruitment agencies by allowing them free access to our facilities which they use as a training site for incoming recruits.

YMCA of Greater Des Moines

"Honor Iowa National Guard Troops"

Des Moines, Iowa

During the week of April 9, 2009, YMCA childcare centers in Ankeny, Des Moines and Waukee participated in Global Youth Services Day by creating cards and letters of support for Iowa National Guard Troops stationed overseas. Three to four hundred children gained a fuller appreciation for volunteerism and service to others. Teachers incorporated this learning component into their existing curriculum while reinforcing the YMCA core values of caring, honesty, respect and responsibility.

Tri-County YMCA

"Military Family Inflatables Party"

Scott Depot, West Virginia

Our most successful military event in 2009 was our Military Family Inflatables Party. We had the party on a Friday evening from 6 – 8 pm at our 52-acre camp facility. The Day Camp had rented the inflatables for use during the day so that cost was already absorbed. We provided pork BBQ, buns, baked beans, potato salad, watermelon and soda. We asked each family to provide a dessert or kids' beverage. We were fortunate to have dedicated volunteers and staff support. The weather cooperated and families had a blast on the inflatables. The hula hoop contest and water balloon toss were a hit as well. We definitely feel this program was a success and plan on repeating it in 2010.

Rockridge Area YMCA

"The Military Appreciation Group of Rockbridge County"

Lexington, Virginia

Lexington, Virginia is full of people who are passionate about honoring and serving our military and their families. The YMCA currently serves sixty-four military members and their families with free memberships, but the support doesn't stop there. In 2009, the YMCA started having monthly support meetings with childcare provided so that more folks would attend. In the Fall, and as part of Military Family Month (November), we held a special event ("Food, Fun and Footrubs") to honor military moms, wives and grandmas. Healthy snack food was served and several craft stations were in operation. The biggest draw was that each attendee enjoyed a relaxing foot rub. Everyone took home a pink carnation and a poem.

4th Annual Angels of the Battlefield



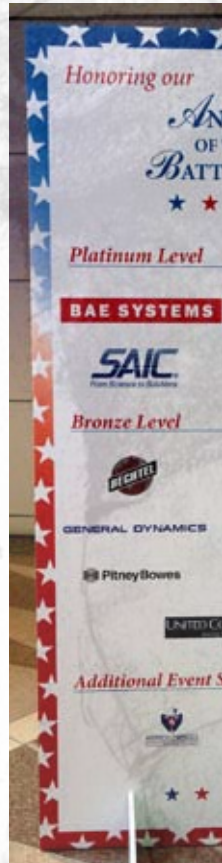
GENERAL EUGENE HABIGER, USAF (RET), ASYMCA NATIONAL BOARD CHAIRMAN PRESENTS ADMIRAL GARY ROUGHEAD, USN A PLAQUE HONORING OUR ANGELS OF THE BATTLEFIELD.



(BACK ROW L TO R): MCPON RICKEY W. RICHARD SIMCOCK, USMC, BG BYRON F. USCG, RADM MATTHEW NATHAN, USN, GENERAL EUGENE HABIGER, USAF (RET), AND ADM GARY ROUGHEAD. (FRONT ROW) MEDICS AND CORPSMEN FROM ALL SERVICES.



ADMIRAL ROUGHEAD PRESIDES OVER THE RE-ENLISTMENT CEREMONY OF HM2 LUIS FONSECA, USN AND HIS WIFE, HM2 MARIA FONSECA, USN.



OUR DEDICATED SPONSORS SUPPORT ALL PROGRAMS

Battlefield Gala (cont'd from Page 1)



LEFT; BG GREG STURDEVANT, USMC, BG LEPBURN, USAF, RADM MARK TEDESCO, USN, RADM MICHAEL MILLER, USN, GEN FARY ROUGHEAD, USN STAND BEHIND THE AWARDS AS THEY ACCEPT THE ANGELS AWARD.



KIM DOZIER, CBS NEWS, SHARES PERSONAL STORIES OF MEDIC AND CORPSMEN BEING HONORED.



SPONSORS WHO MADE IT POSSIBLE.



CONGRESSMAN MIKE MCINTYRE TELLS THE AUDIENCE ABOUT HM2 LUIS FONSECA AND THE ACTIONS WHICH LED TO HIM BEING AWARDED THE NAVY CROSS.

Another busy year at Camp Pendleton Armed Services YMCA

The Camp Pendleton Branch completed a significant achievement ending 2009 being able to provide all the programs and services with reduced revenue due to the economy. In addition, the



MARINES ENJOY THE SUPER BOWL.

branch continued to increase support by serving over 53,200 active duty and their families, up by over 4,600 from 2008.

Kindertyme Preschool, after school tutoring and mentoring programs *Operation Hero*, *Little Hero*, and *Operation Now* experienced steady growth this past year. While some of our summer programs were changed, we continued with *Camp FLASHHH* for families with disabilities. And *Camp Hero* provided an academic bridge between the school year, a resident camp at Big Bear, and finally an end of the summer *day camp* in August for 250 military children.

Our programs to support those young Marine students at the School of Infantry continue to grow with the Recreation Center, Concrete Beach cookouts, Thanksgiving Home Hospitality, Super Bowl, and transportation to the main part of the base on weekends. Over 822 ladies received two ball gowns each at the annual Ball Gown Give Away to

help spouses attend the Navy and Marine Corps birthday celebrations. We concluded the year by providing 500



BALL GOWN VOLUNTEERS.

military children with a new bike and coordinating the sponsorship of 840 junior enlisted families by the local community for the Christmas holidays.

The fourth annual Father Daughter dance will be held this spring, with the theme Under the Sea. Later this summer,

the Camp Pendleton Branch will offer the academic Camp Hero and a camp for children with disabilities, in addition to two resident camps at Yosemite National Park and a tall ship cruise in July.



ART CONTEST WINNERS.

Twentynine Palms ASYMCA offers parent/child classes for military parents

The Twentynine Palms Armed Services YMCA offers parent/child interactive classes for active duty military and their families. The classes are designed to help children up to 5 years of age to interact with other children their own age level and gives the parents a chance to interact with each other as well.

Classes also teach children their numbers, ABCs, colors, shapes etc. The class is for one hour four days a week. In that one hour the children have playtime, circle time, craft time, and snack time.



PARENTS AND THEIR CHILDREN MAKING VALENTINES.



FAMILIES ENJOYING THE Y PLAYGROUND.

THE 23RD DENTAL COMPANY TAUGHT BOTH PARENTS AND CHILDREN THE IMPORTANCE OF TAKING CARE OF TEETH THROUGH DENTAL HYGIENE DURING DENTAL HEALTH MONTH IN MARCH.

Alaska ASYMCA responds to increased needs

It was a rough year for our military families in Alaska. For most of the year, we had over 10,000 troops deployed to Iraq and Afghanistan and our programs and services were needed more than ever.



MOTHER/SON ADVENTURE WAS INTRODUCED TO COMPLEMENT THE FATHER/DAUGHTER DANCE.

To respond to this increased need, the Armed Services YMCA of Alaska continued to increase its programs and services in 2009. In February a new Teddy's Child Watch was opened in Bassett Army Medical Center on Fort Wainwright and cared for over 1,000 children. We opened an After 5 Boutique on Fort Wainwright with the help of the Alaska community who donated over 300 dresses. The dresses were worn by military wives who attended one or more of the 14 Army Balls that were held after the return of more than 4,000 soldiers late in the year. In response to

many mothers who wanted an event similar to our annual Father/Daughter Dance, we held our first Mother/Son Adventure at Otter Lake on Fort Richardson in August 2009, which received raved reviews.



A NEW TEDDY'S CHILD WATCH WAS OPENED AT BASSETT ARMY MEDICAL CENTER.



ALASKA ASYMCA OFFERS A PLACE FOR OFF-DUTY SOLDIERS TO RELAX.

To garner more support for our programs and services on Fort Wainwright and Eielson AFB, an Advisory Committee was established in Fairbanks. The Committee is made up of civic minded leaders who will help in our efforts to service troops at a satellite site that is more than 370 miles away from our main offices in Anchorage.

In the Last Frontier, we are blessed to be able to continue serving those who serve.

Altus Armed Services YMCA partners with FARMRAIL Corporation and the City of Lone Wolf, to host a Special train ride for local military families.

Altus Armed Services YMCA partnered with FARMRAIL Corporation and the City of Lone Wolf, Oklahoma, to host a Special train ride for local military families in southwest Oklahoma.

families on "The Independence Day Special" as it travelled from the Whistle Stop in historic Quartz Mountain to the city of Lone Wolf to enjoy a stop and refreshments there.



AUSTIN LARIMORE STANDS BESIDE "THE INDEPENDENCE DAY SPECIAL" TRAIN.

They came from Altus, Lawton, Duncan and Oklahoma City to enjoy a train and trip that was donated by FARMRAIL Corporation in appreciation of their service to our nation. Military members of all branches of the service enjoyed an outing with their



AUSTIN LARIMORE, SON OF JASON AND KATIE LARIMORE PLAYS ON THE FRONT OF "THE INDEPENDENCE DAY SPECIAL"



KATIE LARIMORE AND SON CARTER ARE ALL SMILES AS THEY RIDE THE TRAIN FROM HISTORIC QUARTZ MOUNTAIN TO THE CITY OF LONE WOLF.

The air conditioned passenger train with its large panoramic windows and reclining seats gave everyone a chance to see a portion of the storied "Orient Line" that linked Kansas City with the Pacific Coast of Mexico.

El Paso Armed Services YMCA Child Development Center earns National Accreditation

This year, for the very first time the ASYMCA Child Development Center in El Paso earned accreditation through the National Association for the Education



AFTER SCHOOL KIDS CREATED A STEP TEAM AND PERFORMED DURING THE CHRISTMAS PARTY.

of Young Children (NAEYC) – the nation's leading organization of early childhood professionals. For the past six years

tion standards," said Jose Melendez, El Paso ASYMCA Executive Director.

El Paso also collected over \$27,000 this year toward their holiday programs. During the Thanksgiving holiday 1,340 turkeys and food baskets were distributed to Junior Enlisted families, 340 children received toys and stuffed animals



BOARD CHAIRMAN MIKE DiBENNETTO AND WIFE MARY HAND OUT THE FIRST TURKEY.

the El Paso CDC has been recognized through the Texas Rising Star program as a quality child development center, but receiving national accreditation demonstrates an even higher level of standard for the center. "NAEYC Accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible. The Child Development Center is one of the first programs in the country to earn the mark of quality under the new accredita-



SOME OF THE 340 CHILDREN WHO RECEIVED CHRISTMAS GIFTS.

during Christmas, and 180 children filed through the ASYMCA Junior Enlisted Family Center located on Fort Bliss to take pictures with Santa, drink hot chocolate and pick out their favorite toys.

The El Paso after school children created a step team and performed during the CDC Christmas party. The children created the team and choreographed their own moves. Some military parents arrived from deployment just in time to watch their child perform.

Ft. Campbell ASYMCA offers Free Child Care through Co-Op

The Ft. Campbell Armed Services YMCA presents a one-of-a-kind Co-op Daycare program which allows a spouse



FAMILY DINNER AT Ft. CAMPBELL ASYMCA PROVIDES NUTRITIOUS USDA APPROVED MEALS.

to volunteer in exchange for FREE CHILD CARE! In the program a person earns points while he/she volunteers in the capacity of a childcare provider or cook. The points are then redeemed to leave their children free of charge.

All volunteers must pass background checks and take classes offered through the Fort Campbell Child Development Center. Childcare is always provided during volunteer time and classes. The center follows a curriculum, which

involves weekly themes, age appropriate activities, self-directed and teacher-directed playtime, center play, and two nutritious USDA certified meals and a snack a day. Many of our moms use this program in order to take college courses without the added cost of childcare. Parents and children alike look forward to coming to the Co-op. Average weekly attendance is 35 children and 15 adults.



ART CLASSES ARE BOTH FUN AND EDUCATIONAL.

In addition to the daytime co-op, Fort Campbell's ASYMCA also offers a Friday Night Co-op program. We choose two nights a month, and it is handled on a "work one night/leave child one night" basis. While the parents are enjoying a night out, they can rest assured knowing that their children are being well cared for. Pajamas are the favorite dress for Friday night co-op, and nighttime activities include karaoke, line dancing, free play, and movies. Children are also served dinner, and a bedtime snack.

Whidbey Island ASYMCA keeps momentum going into 2010

As Fall 2009 rolled around with all the school age students it meant for a busy bus schedule for the "Y" buses. Halloween brought donations of candy and associated types of yummys for our annual community Halloween Safe Treat Night downtown (old-town). This event lasted 2 hours from



Y-DOLPH (AKA WHIDBEY EXECUTIVE DIRECTOR BUTCH LAURION) HELPED OUT SANTA IN THE ASYMCA SLEDMOBILE.



PIRATES, BUNNIES, PRINCESSES AND SUPERMAN TOOK ADVANTAGE OF HALLOWEEN SAFE TREAT NIGHT.



5-7 PM and approximately 120 pounds of candy was given out at the ASYMCA to about 3,000

Trick or Treater's) Once again the staff, parent volunteers and board got

together to make this a fun experience for all.

November was time for the annual Thanksgiving Food Basket give-out to a military family in need. All the food is donated and delivered by the staff in a "Y" bus to the selected family. The family that was selected this year was a young E-4 with 3 young children, who just happened to have a dog that had given birth to puppies 7 weeks earlier. It was a fun time delivering the food basket and seeing the family's happiness at their gift of food



CHILD CARE AND SCHOOL PROGRAMS CONTINUE TO GROW AND THRIVE.

and also their happiness in being able to adopt two of the puppies to loving "Y" staff families.

December 2009 was full of Holiday Cheer with the Military Christmas Gift Program in full swing. With the help of the Woman's Day Holiday Fund, the First United Methodist Church of Oak Harbor and our National Headquarters support with Gifts-In-Kind donation, we were able to provide each family with presents and gift cards for food and extra presents.

BRANCH BITS

Big news from the Kitsap Family YMCA

After nearly 100 years of association with the Armed Services YMCA of the USA, Kitsap Family YMCA has made the decision to join the YMCA of Pierce and Kitsap Counties as a branch of their Association in the National YMCA. This means we will sever our long-time connection to ASYMCA as of July 1 of this year.

Kitsap YMCA through the years.

This was not an easy decision as the Armed Services Y branch has been an essential



FIRST Y BUILDING - 1913



NAVY YMCA - 1924



CURRENT Y BUILDING - 2010

part of the military fabric of the community for so long. We have appreciated our long association with ASYMCA and all that they have done for our branch over the decades.

However, since the branch moved from just outside the Puget Sound Naval Shipyard gate in 1986, the percentage of our membership that were active Military had been declining and the percentage of our community

membership was growing steadily, despite our dedication to serve the Military families in our community.

This doesn't mean our efforts to serve the Military families in the region will diminish or disappear; we will continue to offer special programs, discounts and

services to the Active Military families in the Kitsap County region, adding to the programs

and services provided by the other branches of the YMCA of Pierce and Kitsap.

In order to grow and prosper, and to serve the greater community in Kitsap County, this was the right decision to make. Kitsap Family YMCA looks forward to serving our community for another 100 years as a branch of the YMCA of Pierce and Kitsap County.

Fort Bragg/Pope AFB ASYMCA keeps kids smiling with snakes, trains and painted faces

2010 began on a great note after a very successful Holiday Hearts program. A new partnership with Operation Homefront has enabled us to reach more soldiers and airmen by co-sponsoring two high chair give-aways! Approximately 250 service members (E-6 and below) with new babies, attended Operation ABC (all 'bout children) and received a Kolcraft high chair, baby bedding, infant clothing and toys from donations procured by the staff at Operation Homefront. A Mother's Day event is currently in the planning stages.

In February we added Martial Arts classes to our growing list of services. The Youn Wha Ryu system of Martial Arts and Tai Chi training principles fit right in with the character development traits of the YMCA. In March, the instructors held a free self defense seminar for moms and daughters, where the women learned



NO FEAR OF REPTILES HERE.

how to protect themselves in many different situations.

The annual Mother/Daughter Tea & Fashion Show was revamped this year, adding seating for 20 more ladies, enabling us to increase our attendance but still keeping the cozy atmosphere. The most welcome change was giving every little girl in attendance the option of modeling the dress they were wearing. In past years, only a handful of girls modeled fashions from the Fort Bragg Thrift Shop, but this year we decided that everyone should have the

opportunity to strut down the catwalk! It was such a big hit the post newspaper ran a full page article with pictures, featuring the models.

Healthy Kid's Day continues to be a popular event and this year was no exception. All of the favorite exhibits and demonstrations drew more than 1,000 people. Children were able to construct a bughouse or an herb garden planter in the workshop section. Children competed to see who could blow the biggest bubbles and watched them float away and then burst in the air. Toddlers with no fear held snakes of all shapes and sizes, and sat on the floor petting a 12 foot, 140 pound Burmese Python, while moms and dads looked on in horror! What a joy it was watching children with painted faces participating in the puppet show about deployed parents, crawling out of the smoke house, climbing



THE ONLY WAY TO TRAVEL.

the huge wall, bouncing in the Pirates of the Caribbean castle, playing basketball, seeing how fast they could throw a baseball or how high they could jump. A new addition to our event this year – and a huge hit – was the train that rode around our



LOTS OF SMILES TO GO AROUND.



SERIOUS LOOKS ON PAINTED FACES.

neighborhood. The kids loved the adventure and the parents enjoyed being able to sit down and rest!

Upcoming events include our volunteer luncheon and awards ceremony, the Military Spouses' Conference and Soldier for a Day program. We are so proud that Fort Bragg was recently awarded the Commander in Chief's Annual Award for Installation Excellence and we will continue to ensure our programs and services meet the high standards that our community has grown to expect.

Enchanting Evening highlights San Diego ASYMCA

Giggling girls and smiling fathers created a truly “Enchanted Evening” at the Fourth Annual Father & Daughter Dance as over 500 military fathers and their daughters enjoyed an evening of dining and dancing. An added attraction this year was a photo booth where adoring fathers allowed their daughters to “spruce them up” for pictures they “will never forget.” The San Diego ASYMCA thanks TriWest for their continued sponsorship of this memorable event.



AN ENCHANTING EVENING FOR FATHERS AND DAUGHTERS.

of the recipients from this event. The ASYMCA SD thanks the Brees Dream Foundation and Integrated Sports Management for their support.

There are many ways for fathers to bond with their children and one exceptional way is to spend the day fishing. Thanks to a joint effort by several organizations, including Matagauy Scout Ranch, Heartland Lions Club, Barnacle Bill’s Tackle and American Legion Post 468, over 200 military



PICTURED WITH DREW BRES IS PETER OPSAL, ASYMCA SD BOARD CHAIR.

fathers and their sons and daughters enjoyed a full day of fishing together. While all enjoyed the excitement of catching a fish, the fish won also, as they were all returned to the lake. The fishing was followed by an Easter Egg Hunt and family picnic. Family Bonding at its best!



YOUNGSTERS GET SERIOUS ABOUT EASTER EGG HUNT.

The San Diego Armed Services YMCA was recognized by the *Drew Brees Dream Foundation*. Drew Brees announced that he is the new host of the annual Cox Celebrity Golf Championship at the Morgan Run Golf Course and the proceeds from this



DAUGHTERS ‘SPRUCE UP’ THEIR FATHERS FOR PHOTOS THEY’LL NEVER FORGET.

event support the Rady Hospital and other San Diego charities. Brees announced that in recognition of its support of military families, the San Diego ASYMCA will be one

Lisa Pratt thrills Lawton/Ft. Sill ASYMCA Breakfast

The Armed Services YMCA of Lawton/Fort Sill was honored to have 2009 MWR Operation Rising Star winner, Lisa Pratt, to sing at their 2010 Partner Member breakfast. Lisa sang an astounding rendition of God Bless America. Billie Coast, a first time attendee, said that the song left her in tears. Marilyn Janosko, ASYMCA Board President, stated “you can truly see Lisa’s faith and patriotism when she sings.”

Lawton, Oklahoma is Lisa’s hometown and she was thrilled and honored to be asked to perform. Lisa’s husband, Captain Matthew Pratt stated, “Lisa has performed to all different kinds of audiences. She’s sung at all sorts of military affairs, and has sung at the Lincoln Center. This type of event is her favorite. This Partner Member audience understands and appreciates the sacrifices of our



LISA PRATT THRILLED THE PARTNER MEMBER BREAKFAST AUDIENCE WITH HER POWERFUL RENDITION OF GOD BLESS AMERICA.

military families. Lisa can relate to the sacrifices that military families face, and that is her passion.”

Between the powerful lyrics and the amazing vocals, God Bless America left the audience truly thankful for the freedom of their “home sweet home.” Along with Lisa’s powerful song came a heartfelt testimony from Arlena Gaudin. Arlena spoke about how the ASYMCA has literally put the clothes on her and her family’s back. Arlena and her husband, Adam, are dual military with two young children. Matt and Lisa Pratt and the Gaudin family both know the hardships that incur

when serving their country. The 2010 ASYMCA Partner Member Breakfast left the audience with a true dedication to serve those that serve America.



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Armed Services YMCA and Alhaponite Association for the Blind join forces to ensure “Comfort” for military kids

The Armed Services YMCA of Pulaski County and Alhaponite Association for the Blind are working together to ensure Operation Kid Comfort continues to provide quilts for the military families of Ft. Leonard Wood.

The program is designed to address the emotional stress that children of military personnel suffer during a parent’s absence from home. ASYMCA staff collects photographs from military families, scans them into a computer and prints the photos onto fabric. Each quilt is personalized with the child’s name and the parent’s branch of service. With the help of local volunteer quilters donating their time and materials, the 36” x 36” quilt is lovingly created and then presented to the family. The quilts are provided at no cost to the families.

The major cost of the program is for the inkjet cartridges needed to print the photos for each quilt. Looking for a way to reduce costs, Linda Bright, Pulaski County ASYMCA Executive Director discovered the Staples Rewards program. Each recycled toner/cartridge returned to Staples generates a \$3.00 ‘reward’ for the donor, and each donor may return up to ten cartridges per month.

An installation-wide request for used cartridges caught the attention of Scott A. John, Base Supply Center Manager for Alhaponite Association for the Blind. Alhaponite is the only Comprehensive Rehabilitation and Education

Center for the blind and visually impaired in the state of Missouri, and it’s the largest single employer of blind and visually impaired individuals as well. In addition to their Kansas City facility, they operate the Base Supply Centers at Ft. Leonard Wood and Little Rock Air Force Base. As a veteran who has been deployed four times with young children at home, Mr. John committed to seeing that Alhaponite helped support this program.



KATHERINE LEE AND HER SONS, DAVID AND JOSHUA, RECEIVED THEIR QUILTS AT A RECENT ASYMCA BOARD MEETING. ALSO SHOWN IN THE PHOTO ARE: SCOTT JOHN AND LAWANNA ROGERS OF ALHAPONITE, LINDA GIFFORD, BOARD CHAIR AND LINDA BRIGHT, EXECUTIVE DIRECTOR OF THE PULASKI ASYMCA.

Since October 2009, Alhaponite has been providing the ASYMCA with over 100 cartridges per month to support Operation Kid Comfort.

Interested families can receive more information on the ASYMCA website at www.asymca-flw.org. Applications can be downloaded by clicking on the Operation Kid Comfort icon. For more information on Alhaponite Association of the Blind please visit their website at www.alhaponite.org.