

Health Net, Inc. joins the Corporate list of ASYMCA donors

Sodexho renews their support for branches at Marine Corp installations

The Armed Services YMCA is pleased to announce that Health Net, Inc.



is the newest ASYMCA corporate donor.

The focus of the donation centers on ASYMCA branches and/or YMCA affiliates located in New York, Virginia, North Carolina, and Kentucky.

Health Net, Inc. is among the nation's largest publicly traded managed health care companies. As the military health contractor

for the TRICARE North Region, Health Net provides health care services to over 3 million uniformed services beneficiaries, active and retired, and their families. Health Net's commitment to the TRICARE program is to provide access to high quality, cost-effective care and assistance to TRICARE beneficiaries in the 23 states of the North Region. Its mission is to help people be healthy, secure and comfortable.

The ASYMCA is also happy to announce that Sodexho, USA has renewed their multi-year commitment to ASYMCA programming at Marine Corp installations around the U.S.

As an example of Sodexho's commitment to serving our military, a company-operated mess hall at Camp Lejeune in North Carolina was named the best in the world



by the United States Marine Corps (USMC). At a recent ceremony, the management and staff of Mess Hall 455 - Camp Johnson, was presented with the W.P.T. Hill Award, the highest honor for a food service operation in the USMC.

This support will help the ASYMCA in continuing to fulfill its mission.

Director of Operations, J-3, to speak at 19th Annual Recognition Luncheon

Lieutenant General James T. Conway, Director of Operations, J-3, on the Joint Staff, Washington DC., will be the keynote speaker at the Armed Services YMCA's 19th Annual Recognition Luncheon May 11 at the Cannon House office building in Washington, D.C.

The luncheon salutes the many volunteers who donate their time to the ASYMCA, and the best programs run by the ASYMCA branches and affiliates (see pages 6 and 7).

A graduate of Southeast Missouri State University, Lieutenant General Conway was commissioned in 1970 as an infantry officer and served initially with the 3d Battalion, 1st Marines, Camp Pendleton. Subsequently, he served as a company commander in the Infantry Training Regiment; as Executive Officer of the Marine Detachment aboard the USS Kitty Hawk (CVA-63); at the Marine Corps Recruit Depot in San Diego as a series and company commander in the Recruit Training Regiment, as the aide to the Commanding General, and as Director, Sea School.

In 1977 he reported to 3d Battalion, 2d Marines, 2d Marine Division where he commanded two companies and served in the Regiment's S-3. His next tour of duty was as operations officer for the 31st MAU. Returning to CONUS in July 1984,



**LIEUTENANT GENERAL
JAMES T. CONWAY, USMC**

Conway was assigned to Headquarters Marine Corps, and later served two years as Senior Aide to the Chairman, Joint Chiefs of Staff. He was selected for Brigadier General in 1995.

Re-assigned to the Joint Staff, he served as the Deputy Director of Operations J-3 for Combating Terrorism. After being selected for promotion to Major General, he assumed command of the 1st Marine Division. In November of 2002 LtGen Conway was promoted to his current rank and assumed command of the I Marine Expeditionary Force. He commanded I MEF during two combat tours in Iraq.

His personal decorations include the Defense Distinguished Service Medal, Distinguished Service Medal, Legion of Merit, Defense

Meritorious Service Medal, Meritorious Service Medal with gold stars in lieu of second and third awards, Navy Commendation Medal, Navy Achievement Medal, and the Combat Action Ribbon.

Lieutenant General Conway graduated with honors from The Basic School, the U.S. Army Infantry Officers' Advanced Course, the Marine Corps Command and Staff College, and the Air War College.

Report of the Chairman of the Board

Since 1861, the Armed Services YMCA has been committed not only to serving military service members and their families, but also to helping them succeed. As a part of our ongoing strategic plan, we hope that in 2005 we were able to provide a community where they felt connected to something greater than themselves.

As our Armed Services YMCA branches and affiliated community YMCAs have responded to the needs of family members of deployed military, we sense a renewed pride in our mission and purpose. These are tough times for our military families and the ASYMCA is proud to be a part of making a difference in their lives.

As a special feature of this year's annual report, we have highlighted the **incredible and untiring** spirit of the ASYMCA volunteer. At the ASYMCA, volunteer time

and talent go a long way. Every hour a volunteer spends at the ASYMCA translates into the caring attention a child or teen needs to grow up healthy and resilient. It translates into support for our military families so that they can be successful and strong. This means healthier lives for people of all ages, backgrounds, abilities and incomes, and a safer, more viable community that's a good place to live and work.

In 2005, our 16 ASY branches served more than 400,000 military family members throughout the world. Through collaboration and partnerships with churches, schools and other community groups and organizations, the ASYMCA has been able to extend its program opportunities deep into the heart of every neighborhood where we are located. We were helped every step along the way by the 4,899

volunteers who provided over 159,000 hours of service to assist us in meeting our goals.

Opportunities to volunteer at the ASYMCA abound! Our heartfelt thanks to all those who have become a vital part of this great organization and have used their special talents to make a difference!



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Marge Connors 'gets 'er done'

Marjorie (Marge) Connors may be the only full-time person on staff at the Pulaski County Branch of the ASYMCA at Ft. Leonard Wood, Missouri, however with the aid of her part-time assistant and a board of dedicated volunteers, she manages to "git 'er done."

Marge was born and raised in Crestline, Ohio.

She graduated from Wittenberg University in Springfield, Ohio in 1966. She also attended the Lutheran School of Theology in Chicago, IL. After college she became a recreation worker for the American Red Cross with assignments in many interesting locations such as Vietnam, Korea, and Germany. Part of her assignment during the Vietnam War was to hand out coffee and donuts to the troops. We are told this was fondly referred to as a "Donut Dolly" by the troops and was a very welcome sight! Marge has held recreation and social service positions in nursing homes in both Ohio and Missouri. She has also taught at both the high school and junior high levels.

In 1986 Marge was hired as Executive Director of the ASYMCA with the mission of establishing outreach programs at



Ft. Leonard Wood. Marge actually became the first program director! She helped develop programs and fundraisers such as Fabulous Fakes,

Cupid Deliveries, Bingo Buddies and Middle School Tigers. She is currently working with Ft. Leonard Wood's "Blue Ribbon" team toward a building initiative so that

greater and much needed services can be provided to the military and civilian communities.

Besides her work with the Y, Marge volunteers at Primrose Residential Center where her love of the player piano is a big hit! She is a very well respected member of the community and in 1992 was voted Citizen of the Year by the Waynesville/St. Robert Chamber of Commerce. She and her husband, John, do not have any children but have adopted several dogs. Marge is an early riser and runs each morning so that she can eat more chocolate! She is a very great lady making a real difference in her community.



Hails! We are happy to welcome Rhonda Geyer as the new HR Director for the National ASYMCA. Previously Rhonda worked at EMSI as an Office Manager and CSC as an Executive Assistant and Trade Show Manager. A native of southern California, she currently resides in Springfield with her family and 3 year old Labrador – Max. She is a Navy veteran with almost 11 years of active and reserve service.

Farewells!

Lisa Torrence has departed the National ASYMCA after five years as HR Director. We'll miss you, Lisa, and we wish you the best.

Beale Youth Center News

Hope Levergood from Beale's Youth Center earned the 2005 NAF Technician of the Year Award. Hope initiated several clubs and activities, starting programs such as ACT (Animal Care Team), and created Animal Care books for the community. She also started the VIP club, which is designed to show children just how important they are to the community.

Hope expressed her gratitude to the Armed Services YMCA, "They helped fund the computer lab for the Youth Center. We use computers in all of our clubs and programs." She is also grateful to Sue Galmish, Director of the Youth Center, for allowing her creative freedom. But mostly she appreciates the children. "That's what it's all about. The kids who come in here every day get fired up to try something new and are eager to learn."

Message from the Executive Director

With the start of 2006, 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 2004 and 2005. 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. **Healthnet**, the Tricare provider for the Northeast Region, has joined

Alliant Techsystems, Banner Doors, Bechtel, Boeing, GEICO, General Dynamics, Lockheed Martin, Navy Federal Credit Union, Northrop Grumman, Raytheon, SAIC, Sodexo and **USAA** as a major donor to the ASYMCA. Our gratitude goes out to these supporters and the many individuals who give of their time and resources that permit us to serve the men and women who serve America.

As of this writing, our 2005 audit is about complete with our new 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 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.



ASYMCA welcomes new board members

The Armed Services YMCA introduces three new additions to the National Board of Directors.

Sue Schwartz holds the position of Vice President of Beneficiary and Congressional Relations for Health Net Federal Services. Dr. Schwartz also serves as lead liaison to congressional and beneficiary services and coalition groups overseeing resolution



SUE SCHWARTZ

of issues related to congressional inquiries and meeting contract standards and objectives.

Prior to joining Health Net Federal Services, she worked on military health services issues on staff at MOAA. Dr. Schwartz has over 28 years experience as a registered nurse in a variety of health care settings, consulting experience, and served as a commissioner on the President's Task Force to Improve

Health Care Delivery for Our Nation's Veterans.

Admiral Frank L. "Skip" Bowman, USN (Ret.) is President and Chief Executive Officer of the Nuclear Energy Institute (NEI). Prior to joining NEI, Bowman served for more than 38 years in the U.S. Navy. He served as Director of the Naval Nuclear Propulsion Program, and was the third successor to Adm. Hyman G. Rickover in that command.



FRANK L. "SKIP" BOWMAN

A native of Chattanooga, Tennessee, Admiral Bowman is a graduate of Duke and the Massachusetts Institute of Technology. He was awarded the honorary degree of Doctor of Humane Letters from Duke University.

Admiral Bowman married his high school sweetheart, Linda, and the Bowmans have two children and

four grandchildren.

Cindy Gainey is a "former Air Force brat" who has spent over 40 years associated with the military lifestyle. A military spouse for almost 29 years, she is married to Command Sergeant Major William J. Gainey who is the first Senior Enlisted Advisor to the Chairman, Joint Chiefs of Staff.



CINDY GAINEY

Cindy balances family with various volunteer opportunities, including the Brownies, Parent Teacher Associations, the American Red Cross and Marching Band Boosters. She has been actively involved with Army Family Action Plan, the Fisher House Band of Angels and various Women's Conferences. Ms. Gainey has also served as advisor to several Enlisted Spouses' Clubs.

The ASYMCA welcomes these three outstanding individuals and the talents they bring to "Serve those who serve America."

Fleet Reserve Ladies donate to ASYMCA.



MIKE LANDERS, DEPUTY NATIONAL EXECUTIVE DIRECTOR OF THE ARMED SERVICES YMCA (ASYMCA) (LEFT) AND S. FRANK GALLO, ASYMCA'S NATIONAL EXECUTIVE DIRECTOR, FLANK LADIES AUXILIARY FLEET RESERVE ASSOCIATION PAST NATIONAL PRESIDENT GINNY SCHMIDT AS SHE PRESENTS A DONATION ON BEHALF OF THE LADIES AUXILIARY.

SCHMIDT CHOSE THE ASYMCA AS HER NATIONAL PROJECT DURING HER TERM AS LA FRA NATIONAL PRESIDENT, ENCOURAGING SHIPMATES AND LADIES TO DONATE \$13,625 TO THE PROGRAM THAT PROVIDES SUPPORT SERVICES TO JUNIOR ENLISTED PERSONNEL AND THEIR FAMILIES. THE DONATION WILL ASSIST THE ASYMCA IN ITS CONTINUING EFFORTS TO PROVIDE ESSENTIAL PROGRAMS SUCH AS CHILDCARE, HOSPITAL ASSISTANCE, SPOUSE SUPPORT SERVICES, FOOD SERVICES, COMPUTER TRAINING CLASSES, HEALTH AND WELLNESS SERVICES, AND HOLIDAY MEALS, AMONG MANY OTHERS.

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-6. 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 #2149

Camp Lejeune ASYMCA celebrates "Festival of Trees"

The Camp Lejeune ASYMCA had the opportunity to partner with the Onslow County Hospice in celebration of the "Kids Day" Festival of Trees Event. The staff worked for two months pouring ceramic ornaments, rolling and cutting clay to be prepared for 1900 children.

Art is so often overlooked in small children, though it allows them to express their true artistic ability. Painting their own Christmas ornaments was new



A TODDLER STARES INTENTLY AT A CLAY THROWING DEMONSTRATION AT JACKSONVILLE'S FESTIVAL OF TREES

and exciting for the children.

The children came in by the

hundreds, filling up the art stations with the many colors of paint, glitter, and brushes that thrilled the children with their colorful creations. Teachers seemed to enjoy the paint as much as the kids.

During the event the Lejeune ASYMCA had a small craft fair for patrons to shop in. The crafts included blankets, pillows, handbags, jewelry, ceramics, teacher gifts and much more. This wonderful event gave the Branch the opportunity to raise over \$1500.00 in donations.

Raytheon Program Achievement Awards

History of the Award Program

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 innovative 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 2006 Raytheon Awards are presented in three categories: 1) Best New Program 2) Best Use of Volunteers and 3) Most Improved Program.

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

"ASYMCA Thrift Store"
Marine Corps Air Ground Combat Center Twentynine Palms ASYMCA

Twentynine Palms, California

The ASYMCA Thrift Store is

open to military personnel, their families, and the civilian population that support the



BEST USE OF VOLUNTEERS PROGRAM OFFERS CONSTRUCTIVE WAYS TO INVOLVE SERVICE MEN AND WOMEN IN COMMUNITY SERVICE PROJECTS



THE WARRIOR ZONE OFFERS A PRIME LOCATION TO MEET AND GREET OUR MILITARY.

military on Marine Corps Air Ground Combat Center Twentynine Palms. The Thrift Store provides a place to donate and purchase reasonably priced donated items from clothing, house wares, electronics, and books to everything in between.

The staff has cleaned, painted, and organized the entire store into age appropriate rooms and areas for various categories of supplies.

Best Use of Volunteers

"Service on Saturdays"
Pulaski County ASYMCA
Fort Leonard Wood,
Missouri

Service on Saturday (S.O.S.) is a program developed by the Pulaski County ASYMCA in response to Commanders who expressed a need for positive, constructive ways to involve their service men and women, who are training here at Fort Leonard Wood, with the local community. It gives active duty Army, Navy, Air Force and Marine Corps personnel the opportunity to assist with a variety of community service projects.

Most Innovative Improvement

"The Warrior Zone"
ASYMCA of Alaska
Fort Richardson, Alaska

For many years the ASYMCA has maintained a visitor center on Ft. Richardson, operating out of a World War II era building. Although the facility served its purpose, a new and improved location was very much needed. In August of 2005, the office moved into Bldg 655, the Warrior Zone, a prime location to meet and greet our military.

Community YMCA Awards Southeast Region

"Sarah Birch Toy Fund/YMCA Angel Tree Christmas Party"

Habersham Branch YMCA Savannah, Georgia

Since the Christmas of 2002, the Habersham YMCA has organized and held a Christmas party for over 200 deserving children. In collaboration with area group homes, less fortunate children are nominated to participate in this event that includes attending a pre-Christmas party at the YMCA.

Mid-Lakes Region

“Free Membership to Military Families Deployed”

Ralph J. Stolle *Countryside YMCA
Lebanon, Ohio*

In 2003, the Countryside YMCA's Board of Directors approved the availability of free memberships for the families of military personnel. Since then, 259 people have been aided by \$45,870 worth of membership funds.

Midwest Region

“Membership Assistance for Families of Deployed Military”

Benjamin Harrison YMCA
Indianapolis, Indiana

The Benjamin Harrison Branch of the YMCA of Greater Indianapolis is located at the former Fort Benjamin Harrison Post. In 1997, the YMCA of Greater Indianapolis transformed the facility into a full-facility family branch YMCA. The Benjamin Harrison Branch YMCA has become a vital part of the northeast side community, serving 10,000 members each year, including nearly 2,500 military personnel and their families.

Mid-Atlantic Region

“Free Memberships for Families”

Brookville YMCA
Brookville, Pennsylvania

The military community in this area is growing and very much in need of support. The Brookville YMCA offers many

ASYMCA continues to attract new donors

The Armed Services YMCA continues to attract new donors, and these days it seems we're often “discovered” via the internet. One of the latest examples is Banner Doors of New England, a wholesaler of garage doors.

Each year Banner Doors designates a donation for each unit sold during the month of December. The ladies who work in the administrative office searched the internet and found that the ASYMCA met their goal for this year of supporting the military during this time of war, most especially the families of the men and women in uniform.



JOHN R. PLOUFFE, GENERAL MANAGER OF BANNER DOORS CORPORATION, AND DIANE PALMISCIANO PRESENT A LARGE CHECK TO ASYMCA EXECUTIVE DIRECTOR FRANK GALLO.

In March, Executive Director Frank Gallo traveled to Woonsocket, RI to attend a dinner hosted by Banner Doors and to accept their check for \$20,000 for the Armed Services YMCA. Admiral Gallo expressed his gratitude for the opportunity to address the very lively and generous group of staff and customers that numbered over one hundred.

programs for the military, giving free membership to Active Duty soldiers and families of deployed soldiers.

Northeast Region

“YMCA International Summer Camping Exchange”

Northeast Family YMCA
Snyder, New York

The YMCA International Summer Camping Exchange is a 21-day excursion to Thessaloniki, Greece. The program is designed to provide campers with an intimate perspective of the history, culture, and people of Greece. Every year, ten students from grades 9 – 12 participate in home stays with families in Thessaloniki, spend a

week at YMCA Camp Halkidiki on the Aegean Sea and enjoy a week of sightseeing in the surrounding areas.

Western Region

“Angier Elementary Physical Education Outreach Program”

Mission Valley YMCA
San Diego, California

With the opening of a new facility, the Toby Wells YMCA, and the addition of the Tierrasanta community to the service area also came the opportunity to start another physical education outreach program. The program operates during the school year – September to June.

Spanning the decades

Throughout this edition of the ASYMCA News, you see evidence of new corporate support that is not remiss, however, if we did not mention those corporations and organizations that have consistently shown their deepest gratitude and most sincere appreciation for the work we do.

GENERAL DODGE

Woman's Day

2006 WILL MARK THE THIRD CONSECUTIVE YEAR WOMAN'S DAY HAS SUPPORTED THE ASYMCA. HOLIDAY DONATIONS ARE EARMARKED FOR THANKSGIVING AND CHRISTMAS BASKETS FOR OUR YOUNG MILITARY SERVICE PERSONNEL AND THEIR FAMILIES.



OVER 4.5 MILLION BOOKS HAVE BEEN DISTRIBUTED TO CHILDREN OF MILITARY SERVICE MEMBERS SINCE 1998



PROUD SPONSOR OF THE ASYMCA FUND AND OPERATION HERO AT

Why I'm Proud of My Military Family

The Armed Services YMCA And Lockheed Martin are proud to present **Essay Contest 2006!**

November 2005 launches Military Family Month's Essay Contest. The Armed Services YMCA would really like you to tell us why you are proud of your military family.

For all the youngsters, you must write over 100 words but less than 300. For you high school students, please write at least 300 words but no more than 500 words.

Just remember, without the official entry form found on the ASYMCA website your entry will not be accepted. All children of active duty or retired Army, Navy, Marine, Air Force, Coast Guard, and National Guard/Reserve families are qualified.

Send all entries either by email or by postal service. All entries must be postmarked by March 17, 2006.

Find all information about Military Family Month and essay contest 2006 at www.asymca.org



Military Family Month
NOVEMBER 2006

RECOGNIZING MILITARY FAMILIES

ARMED SERVICES YMCA

CFC #2149 www.asymca.org **GEICO** Proud Sponsor

NORTH



ANNUAL SPONSOR OF THE ASYMCA ART CONTEST AND MILITARY FAMILY MONTH



THESE CORPORATE SUPPORT OVER THE YEARS FOR CHILDREN, MILITARY SINGLES, LOCATIONS; 8 AFFILIATES AND 7 DODGE



that will directly benefit our young military Service members and their families. We would be greatly supported the Armed Services YMCA programs and services these past many years. Our sincere thanks for all you have done!



PROUD SPONSOR OF THE
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SINCE 1987



GRATE DONORS
70 PROGRAMS
FAMILIES, AND
AT 17 ASYMCA
AFFILIATED YMCAs
AFFILIATES.



ANNUAL SPONSOR OF THE ASYMCA ESSAY CONTEST AND
MILITARY FAMILY MONTH

Camp Pendleton ASYMCA assists Marines with taxes

The Camp Pendleton ASYMCA saved Marines over \$10,000 in tax preparation fees by helping the Marine SOI (School of Infantry) students with Federal and state tax returns. Altogether four sessions were held, and volunteers Steve Browne and Ingo Hentschel went above and beyond working their “you know

what’s off” to help as many Marines as possible. Steve and Ingo were superb in assisting the young Marines in preparing their taxes, saving each Marine an

average of \$150 from what they would have paid if it had been done in town or through MCCA (Marine



VOLUNTEERS CAROLYN BROWN AND BOARD MEMBER INGO HENTSCHEL ASSIST MARINE SOI STUDENTS WITH THEIR TAX PREPARATION.

VITA for training and e-filing assistance in helping make this happen.

Corps Community Service). Also, though exact amounts weren’t kept, on average each Marine got about \$250 back on Federal returns and \$125 on state returns. There were very few who owed taxes.

Thanks also to the IRS for the computers, printer, and software and

A very busy first quarter at Ft. Bragg ASYMCA

It was a very busy first quarter for the Ft. Bragg branch, with the celebration of Dr. Seuss’s Birthday Party, the annual Mother/Daughter Tea & Fashion Show, and Healthy Kid’s Day.

Children of all ages were invited to celebrate Dr. Seuss’s Birthday on March 2nd at a party in honor of the famous author. Each child received a free Dr. Seuss book and participated in related activities.

For the 5th year in a row, the Mother/Daughter Tea was sold out and moms and daughters of all ages enjoyed an afternoon of quality time with each other. Delectable treats were



MOMS AND DAUGHTERS OF ALL AGES ENJOYED QUALITY TIME TOGETHER AT THE 5TH ANNUAL MOTHER/DAUGHTER TEA.

served, and the models wore fashions from the branch’s own Bragg ‘N Barn.

Healthy Kids Day was the largest event, with more than 500 people in attendance. The Bragg ‘N Barn and Pioneer Financial Services sponsored the event this year, which featured the infamous Dr. Waddle (A.K.A “Snake Man”) from Fayetteville State University and other attractions such as making your own healthy ice cream, the “Crash Test

Dummies” with their “Seatbelt Convincer” and a Fit Kids demonstration. Thanks to Pioneer for giving out more than 300 piggy banks, coloring books and finger print kits.

San Diego ASYMCA offers a wide variety of programs

On March 3rd 144 golfers took to the Coronado Golf Course, raising over \$22,000 for the Annual ASYMCA and USO fund raising golf tournament. Included, as guests, were Marines from Marine Corps Air Station Miramar and two Marines undergoing treatment for combat injuries sustained in Operation Iraqi Freedom.

Ms. Brittany Catton, Director of Development for the San Diego ASYMCA arranged and escorted a group of San Diego Sailors through a day at the University of San Diego campus. The visit exposed junior military personnel to campus life and the benefits of a higher education.

Each Thursday morning military spouses and their children meet at the San Diego ASYMCA

headquarters for a walk through Murphy Canyon Military Housing. The Mom & Tots 3-5 mile walk is designed not only for increasing fitness level, but also to provide another means for networking and building support systems.

And thanks to the San Diego Gulls professional hockey team, the ASYMCA matched Navy and Marine Corps hockey players for a

square off at the San Diego Sports Arena before a Gulls match. The hard fought hockey game was won by the Marine Corps, but the Navy team is looking for victory next year.



AVANT GARDE (A VOLUNTEER ORGANIZATION) CONDUCTS MONTHLY COOKING CLASSES FOR MILITARY WIVES.



THE SAN DIEGO PORSCHE CLUB PRESENTED A CHECK FOR \$5,000 TO PAUL STEFFENS, EXECUTIVE DIRECTOR OF THE SAN DIEGO ASYMCA. THE FUNDS WERE RAISED AT THE CLUB'S ANNUAL GALA AND CHARITY AUCTION.

Ft. Campbell ASYMCA Krafty Kids make Christmas last all year

When it came time to take down the Christmas tree, the Krafty Kids at Ft. Campbell ASYMCA let their creativity shine through. The preschool playgroup, which is designed to help kids learn crafts as they spend time with their parent(s), decided to 'adopt' the tree and decorate it for each new holiday through the year.

Rather than disposing of the tree, after Christmas it was decorated with yellow ribbons, with a big bow



KRAFTY KIDS HAVE FUN FINDING NEW WAYS TO DECORATE THEIR "HOLIDAY" TREE.

reading "We Support Our Troops." Then for Easter the tree was decorated with eggs, bunnies and streamers.

Now everyone, children and parents alike, look forward to each new holiday and the opportunity to decorate the tree once more. The Krafty Kids program has grown by leaps and bounds and the folks at Ft. Campbell believe the Holiday Tree has played a part in that growth.

Liberty County ASYMCA offers Operation Helping Hands

BRANCH BITS

In January of 2006, soldiers from Ft. Stewart deployed to Iraq. While some soldiers deployed for the first time, others were returning for their second and third time.

This provided the community with an opportunity to reach

out and show their concern and their appreciation for the family members and the loved ones left behind. Liberty County/Armed Services Family YMCA did their part with Operation Helping Hands.



With a gracious response from Coastal Georgia and the Golden Isles, they were able to “bless” a family each week. These blessings ranged from two to four hundred dollars in cash and prizes such as a “pamper spa package” or a 2-night stay at a beautiful bed and breakfast.

An overwhelming response from the community allowed the branch to distribute over \$11,000 to deserving families. A thank you is due all the businesses and volunteers who made Operation Helping Hands such a fantastic success during this time of need.

Killeen ASYMCA, Boys and Girls Club join forces

The Armed Services YMCA and Boys and Girls Club of Copperas Cove signed a joint-use agreement on March 30th, 2006, pooling their resources to better serve the community, which includes over 65% military family members.

This is the first partnership of its kind in the nation, according to Carlos De Los Santos, Jr., Chairman of the board of management for the Killeen Armed Services YMCA.

The plan is to turn the existing Boys and Girls Club facility into a computer lab and learning center and transfer other activities to the newly designated Armed Services YMCA/Boys and Girls Club of Copperas Cove Family Center. Jon Charles, Executive Director of the Boys and Girls Club says, “We are literally going from a 1,300 square foot facility to 14,000 square feet.” It is anticipated



CARLOS DE LOS SANTOS, JR., CHAIRMAN OF THE BOARD OF MANAGEMENT FOR THE KILLEEN ARMED SERVICES YMCA AND INEZ FAISON, CORPORATE BOARD PRESIDENT OF THE BOYS AND GIRLS CLUB OF COPPERAS COVE SIGN JOINT-USE AGREEMENT.

that the programs will triple, and the joint-use agreement provides ample space for further expansion.

The groups are also planning to work together to develop ballparks and other facilities on an 11-acre property owned by the Boys and Girls Club.

The partnership was celebrated with a Chamber of Commerce mixer and ribbon-cutting ceremony on March 30th. On Saturday, April 1st, about 400 family members participated in a fun day event at the center, where they were treated to

free hot dogs, pizza, refreshments and entertainment by the ASYMCA's Karate Program, Tumbling Program, and dancers.

“It's going to be great,” said Tony Mino, Executive Director of the Killeen ASYMCA.

The Twins have finally arrived at Hampton Roads ASYMCA

Hampton Roads ASYMCA happily announced the arrival of two new 2006 GMC/Thomas Minotour 15 passenger model buses. Funding for the buses came as a result of a grant from The Norfolk Foundation.



The buses replace two very old, very used vans, and were an immediate hit with the children. "I'm the FIRST kid to ride," exclaimed Miss Nora Bair, as she was traveling down the boulevard to school.

A welcoming ceremony for the new twins was held

on February 23rd, with Lt. Peter Holden, CHC, USN, from Little Creek Amphibious Base blessing the buses. Ms. Robin Foreman represented The Norfolk Foundation and all expressed appreciation for the Foundation's generosity.



The buses have made a huge impact on all the children, staff, and parents. They will improve transportation safety to and from the seven schools supported by the branch, as well as opening wider opportunities for field trips. Hampton Roads loves their new twins.

ASYMCA of Whidbey Island kindergarten graduates 4th class



ASYMCA's HOLLAND HAPPENING FOOD BOOTH IS MANNED BY THE SMILING FACES OF STAFF AND BOARD MEMBERS, AND IS ENJOYED BY ALL IN THE LOCAL COMMUNITY WHO STOP BY FOR A HOT DOG AND SODA.

The ASYMCA of Whidbey Island's successful kindergarten program is nearing the end of its 4th year and once again, the children have been eager to learn and accepted the academic challenge in a superb fashion. Thirteen students will graduate in June and become 1st graders this fall. The program is well known in the community for the success of its graduates as

they move on to the public school system.

The child care programs welcomed three new teachers to the ASYMCA family in February, and both children and parents are enjoying the fresh new faces and the talent they bring to the child care staff. Also, all new fixtures, new wall material, floor tile and a fresh new

coat of paint have made the areas very colorful.

The Whidbey Island ASYMCA once again participated in the Dutch tradition of the Oak Harbor annual Holland Happening with a food booth set up in front of the ASYMCA facility and manned by staff and board members. .

BRANCH BITS

ASYMCA's Stork's Nest dedicates opening of fourth Cottage

The Armed Services YMCA Stork's Nest recently dedicated the opening of its fourth cottage near the U.S. Naval Hospital in Okinawa. A facility that houses high-risk pregnant women from U.S. bases throughout the Pacific, the Stork's Nest is now opening its doors to

entire families to help relieve some stress the women may have prior to giving birth.

The Stork's Nest provides free lodging for women who have



FROM LEFT TO RIGHT: CAPTAIN O'CONNOR, NICHOLE ROGERS, KELLY GABAYAN AND ADMIRAL TURNER CUT THE RIBBON TO DEDICATE THE OPENING OF THE LATEST STORK'S NEST COTTAGE

high-risk pregnancies or are carrying more than one child. They are placed in the facility

so they will be close to the hospital's Neonatal Intensive Care Unit, the only one of its kind in the Far East.

In years past, the soon-to-be mothers and their husbands could stay in the cottages but children were not allowed. Two of the cottages recently have been spruced up and "childproofed" so entire families now can stay.

"It's such a stressful time," says Kelly Gabayan, the director of the Stork's Nest, "bringing them here with their families alleviates some of that stress."

Healthy Kids Day proves learning never tasted so well

Kitsap Family YMCA drew a curious and interested crowd of approximately 100 youth and teens for Healthy Kids Day in April.

The attendees had various options available to them to learn good nutritional habits, such as becoming familiar with the food pyramid; how to pick and chose to create healthy meals and snacks, and even how to handle and keep food



PROGRAM DIRECTOR KATRINA FULKERSON IS SHOWN HERE HELPING KIDS TO PLAN HEALTHY AND TASTY MEALS

fresh and safe. Program Director Katrina Fulkerson, who organized



the event, also touched upon other topical health issues like basic home safety, gym etiquette and play safety and balanced eating habits and health dangers. The kids were also served up a variety of fruit smoothies as a reward for Saturday afternoon attendance, which prompted one to remark, "I wish learning always tasted this great!"

Sprinting and a Night to Remember at Honolulu ASYMCA

Just before dawn on March 11th, Armed Services YMCA staff and volunteers cheerfully manned their stations at the first annual Irish Sprint and Stride. The 10K race, which traversed the bridge to historic Ford Island, was sponsored by the Pearl Harbor Visitor Center. Thanks to the generosity of the Visitor Center,



FAST DANCES, SLOW DANCES, STOMP DANCES, THE MACARENA, AND THE YMCA SONG (GREETED WITH GREAT ENTHUSIASM) KEPT PARTYGOERS ON THEIR FEET!

the ASYMCA will receive a significant portion of the fees from runners who used our forms.

And in a night to remember, Daddies and their little girls filled the Klipper Club at Marine Corps Base-



ONCE THE MUSIC BEGAN, THE PLACE STARTED JUMPIN'.

Hawaii as the Armed Services YMCA held the 7th Annual Father Daughter Dance. The evening featured a buffet dinner, professional photographer, door prizes, party favors, and lots of dancing! Nearly 270 girls and dads attended the dance.

Active duty fathers were encouraged to wear dress uniforms. Dads from every branch of the service attended, filling the room with a variety of uniforms, medals, and ribbons. The daughters, ranging in age from two to thirty, looked like princesses in their best party dresses. Many sported nail polish, wrist corsages, and sparkly tiaras.

It was an enchanted evening for fathers and daughters, and as the evening came to a close, many daddies were seen carrying their smiling sleepyheads to the parking lot.

BRANCH BITS

Spring Eggstravaganza is a highlight at Twentynine Palms

One of the highlights at Twentynine Palms Armed Services YMCA was their Spring Eggstravaganza held this April at Lucky Park. Naturally, it wouldn't be spring without an egg hunt, and despite a slight chill in the air, everyone arrived with baskets in tow, and great anticipation for the fun to begin.

This event would not have been possible or as much fun without volunteers. Parent volunteers helped stuff hundreds of eggs full of goodies and brought festive food for all to enjoy. The children could hardly



contain themselves while lining up with their baskets and peeking in the hope of catching a glimpse of a brightly colored egg before anyone else. As a learning opportunity, the children have to count to ten because that's the number of eggs they were allowed to find.

The field was cleared in minutes, then parents and siblings joined the hunters as they examined their bounty of eggs filled with candy and coins. It was a great day for family, fellowship and food.

General Norman Schwarzkopf films public service advertisements for Armed Services YMCA

In the early 1990s, General Norman Schwarzkopf, USA (Ret) supported the Armed Services YMCA by appearing in a video that was subsequently mailed to all YMCAs. This video introduced many individuals and businesses to the ASYMCA for the first time.

This April, General Schwarzkopf, once again, stepped in front of the camera for the Armed Services YMCA (ASYMCA) and its programs. ASYMCA staff joined Gen. Schwarzkopf in Tampa, Fla., where he taped segments in support of the ASYMCA.



GENERAL NORMAN SCHWARZKOPF, USA (RET) SHAKES HANDS WITH DAVID HOLDEN, EXECUTIVE PRODUCER AND CEO OF CAPITAL MEDIA GROUP, INC. SCHWARZKOPF FILMED A PROMOTIONAL SPOT FOR "HOMETOWN HEROES," AN ASYMCA-SPONSORED REALITY SHOW EXPRESSING APPRECIATION FOR AMERICA'S TROOPS, WHICH IS BEING DEVELOPED UNDER THE SUPERVISION OF HOLDEN.

General Schwarzkopf taped both radio and television public service announcements, which are scheduled to begin airing in May, a video that will be shown at the YMCA's General Assembly Meeting in July and a promotional spot for "Hometown Heroes." "Hometown Heroes" is an ASYMCA-sponsored reality show expressing appreciation for America's troops. "Hometown Heroes" is still in development for the American Forces Network under the supervision of David Holden, executive producer and CEO of Capital Media Group, Inc.

The ASYMCA expresses sincere appreciation to General Schwarzkopf for his unwavering support.



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