

THE SENTINEL

THE MONTHLY NEWSLETTER OF THE SANTA ANITA FAMILY YMCA

OUR MISSION: THE YMCA PUTS JUDEO-CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SANTA ANITA FAMILY YMCA

501 S Mountain Avenue, Monrovia, CA

JULY/AUGUST 2018

www.ymcaLA.org/saf



Exec Director Eric Boyd and new Y Board member Pastor Craig Kuhlman with SAF-Y campers Julia & Tatiana at Camp Whittle.

UPCOMING EVENTS

8/15- Burgers with the Boss!
Join us on the Patio at 6:45pm

8/16- Member registration for
swim lessons begins-sign up
early and get your preferred
date and time.

8/24- Final Fridays Teen Night
#3 FREE and open to all teens
12-17, 8:31-11:01pm

9/3- Labor Day, Y closes at
1pm

9/29- Self Defense Class with
Master Terry, 9-12pm. Register
at the Welcome Center

9/30- YMCA facility Closed

EXECUTIVE DIRECTOR'S MESSAGE

Greeting esteemed Members, Supporters, Volunteers, and friends of the Santa Anita Family YMCA. I hope that each of you have had as exciting and eventful a summer as we've had here at the Y! Oh, I know it sounds cliché, but it's true! There's much to tell, so let me get right to it. . .

Y-Board at Y-Camp - One of the ways that we reward our YMCA Board members is by taking them out on "Field Trips" in July during their Board meeting hiatus. The Field Trips are a great opportunity to join in some signature YMCA traditions: YMCA Summer Day Camp and/or Mountain Residence Camp. This year, about 1/4 of our Y-Board enjoyed the magic of Y-Camp and watched our kids learn to cooperate, solve problems, appreciate God's creation, enjoy fun and fellowship, all while building their self-confidence and character at the same time!

The Day Camp trip was to the Cucamonga Quakes game on July 23rd, followed by the Big Bonus. . . a day in Big Bear at YMCA Camp Whittle! We walked the breathtaking grounds of camp, talked to kids from all parts of our YMCA service area, ate lunch with the campers, and got to know the valuable volunteers who create the magic that is Y-camp. I've been going & taking kids to Y-camp for over 30 years now, and it still feels exciting and new. As for our Board members? For several of them, this was their first-ever trip to Y-Camp. And I can't even count the number of times I heard different Board members say "Wow! What we're doing with these kids is awesome!". . .



They're right of course; about the "awesome" and the "WE". I say that because Camp Whittle costs \$615 per child for a week of camp. At that price, a great many families could only wish and wonder. But thanks to our Board - their personal giving AND their year-round

Continues next page



fundraising efforts – we can say YES to every family that wants to send their child (ren) to camp. About 66% of the kids in camp were on Y-financial assistance of some kind, at some level. Some were on “full campership”, meaning their families pay the \$25 deposit or less! . . .

Hopefully the photos we’ve posted in this newsletter will give you some idea of just how special an experience Y-Camp was for both our campers, and the Board members who make attendance for so many of them possible. Last word on camp, I have to give a **special shout out to The Monrovia Community Coordinating Council**, which funded three (3) of those “full camperships” that I talked about. THANK YOU!

YMCA Board Expansion - In the last 2 editions of *The Sentinel* I talked about our Board expansion process, which seeks to elect 10-15 new members to our YMCA Board of Managers over the course of this summer. Last month we introduced you to six (6) new Board members. This month, our Board and I proudly introduce you all to four (4) more new Y-Board members! They are: 1) **Joshua Canada**, Director of Strategic Partnerships at Azusa Pacific University; 2) **Gaby Flores**, Director of Sales at DoubleTree Hotel by Hilton in Monrovia; 3) **Brian Mejia**, long-time Field Deputy to LA County Supervisor Mike Antonovich; Brian joins as a community volunteer and devoted family man; 4) **Vinh Truong**, a resident of Duarte and Agent with New York Life.

With 3 full weeks remaining in August, we’ve already met our low-end goal of 10 new Board members by summer’s end. But we’re not done yet! We hope to have a few more high caliber community leaders to introduce as new members of the Santa Anita Family YMCA Board of Managers in the Labor Day edition of this newsletter. For now, our newest Board members are listed in orange ink on page 3. Please join us in welcoming and congratulating all of them!

Bowden Family Fitness Center Dedication! On Tuesday, July 24th a ‘Who’s Who’ in Monrovia gathered on the YMCA weight room floor to celebrate the life and legacy of another legendary YMCA supporter, The late great Fred E. Bowden. Mr. Bowden supported our Y in extraordinary ways both publicly and behind the scenes for decades before he passed away in February. His family business, Bowden Development Company, continues to support our Y as lifetime members and donors.

Monrovia Mayor Tom Adams, Mayor Pro-Tem Becky Shevlin & the entire City Council, City Treasurer Steve Baker, and representatives from the offices of Congresswoman Grace Napolitano, State Senator Anthony Portantino, Assemblyman Chris Holden, and LA County Supervisor Kathryn Barger all came to honor Mr. Bowden and his family. They were joined by 8 YMCA Board members and another 50+ Y-members as we unveiled the permanent signage that renamed our weight room and adjacent cardio rooms The Bowden Family Fitness Center.



The next time you go in there to work out, say a little prayer for Mr. Bowden, his wife Diane, children, grandchildren, etc., thank God for people like the Bowdens, who gave generously that we might have great places like this YMCA in our community. Have a blessed final month of summer everyone!

Eric F. Boyd, Executive Director

“That all may be one...” John 17:21

DID YOU KNOW?

Once a month, the Y closes on the last Sunday to ensure that our staff can undergo training and drills to keep you safe in the facility. Our next facility closure is scheduled for September 30. Don't forget to mark your calendars!
FUTURE CLOSURES: 10/28, 11/25, 12/30.

HOMework HEROES MAKES THE SCHOOL YEAR EASY

We know Summer is in full swing, but being prepared for back to school can make your life easier too. Our after-school enrichment program, Homework Heroes, saves the day for you and your family. Our program offers a variety of options that supports your child's learning even after the last bell rings.

Our caring staff picks your child(ren) up from school and meets back at the YMCA. We provide snack, homework help, enrichment activities, and care until 6pm.

Our goal is to nurture your child and support their education while providing you with comfort knowing that your child will be more prepared in school and when you pick them up. As an added bonus, it ensures that you get to spend quality time with them each evening.

We offer three-day and five-day options, and we even participate in Y programs throughout the year, like Junior Fit. Additional care options are available for pupil-free days and school holidays to allow you the peace of mind when you're at work all day.

For more information, contact MirrissaRedditt@ymcaLA.org and register your student today.

TEEN NIGHT—STILL TIME TO GET IN ON THE FUN!

Final Friday Teen Night #2 features Karaoke! - The second of our FINAL FRIDAYS TEEN NIGHTS here at the YMCA was an absolute Blast! In addition to Jorel's special circuit training class for teens and a spirited 5-on-5 full court basketball tournament, teen attendees enjoyed water polo in the pool, Pizza, chips & cookies, and the hit activity of the night. . . Karaoke! We actually found some hidden talents among our teens, as they came out of their 'cool shell' to ham it up good on the microphones. The Karaoke equipment and playlists were graciously donated by Mr. Mark Allen, a friend of the YMCA with a long time Camp background of his own. He and his 16 year old daughter Lili provided everything from Doo-Wop to Motown to Rap music at the teens' request. You older members would have loved to see and hear YMCA Exec Director Eric Boyd and some of our Y-Jr. Clipper participants sing a duet of the Temptations' 1960's mega-hit "My Girl". It even drew some applause from the other teens, all of whom, of course, were not even born when that song was all the rave.

Our final-Final Friday Teen Night of 2018 happens on **Friday, August 24th**. Teens are both encouraged and invited to attend and enjoy food, fellowship, fitness, and FUN at the YMCA from **8:31-11:01pm**. Bring your friends too, since non-members are welcomed!



MEMBERS OF THE SANTA ANITA FAMILY YMCA VOLUNTEER BOARD OF MANAGERS

Ricardo Flores-Chair
Business Development
SCE-FCU

Steve Baker
Treasurer, City of Monrovia

Greg Benton
Canyon City Church & Benton Law
Office

Keisha Bowen
Owner, Simply Devine Salon & Spa

Bob Cruz
Public Affairs Manager, The Gas Co

Joshua Canada
Director of Strategic Partnerships
Azusa Pacific University

Carolyn Demcak
Monrovia Community
Coordinating Council

Gaby Flores
Director of Sales & Marketing
DoubleTree by Hilton, Monrovia

Tara Gadsby
Director of Sales
Courtyard by Marriott

Julie Gentile
CPA, Gentile McCloskey & Co

James Graham
Senior Director of HR, Miller Coors

Katy Guo
Owner, Dynasty, Wealth Management

Annice Jackson
Technical Project Manager

Latascha Johnson
Outreach Specialist, City of Hope

Craig Kuhlman
Pastor, Grace Communion Intl.

Brian D. Mejia
Program Manager
LA County Parks & Rec

Glenn Oyoung
Coldwell Banker, Arcadia

Landon Paulson
Assistant Vice President, Bolton & Co

Arun Phadnis
President, L.T.I. Inc Architects

Devon Rax
Outreach Manager, CHAP Care

Dr. Ray & Laura Rodriguez
Kaiser Permanente

Stephanie Shook
Two Men and a Truck-Irwindale

Alan Sanvictores
Chief of Police, City of Monrovia

Matt Sloan
Vice President of Marketing
Trader Joes

Vinh Truong
New York Life

Roberta White
Arcadia Community
Coordinating Council

Names listed in orange are newly elected to the Board of Managers.

MEET THE TEAM...

Hello Santa Anita Family YMCA! I first want to start off by thanking each and every single member for accepting me into the family. I started working here in March as a Healthy Lifestyle Counselor, then soon became a Group Fitness Instructor and a Personal Trainer. I adopted all titles mainly because I fell in love with this place, the people, the atmosphere, the job and craved more time here.

Now, Our YMCA Associate Executive Director has seen fit to bestow the title, Healthy Lifestyles Coordinator, which means I will be overseeing our weight room, group fitness classes, cardio exercise equipment/ rooms, and our personal training program. In short, everything within our newly named "Bowden Family Fitness Center". With this position comes great responsibility and I proudly accept it in hopes of pleasing the YMCA family. My vision for our Healthy Lifestyles department is to provide the members with great care and attention to the needs of not only your fitness goals, but the needs of a healthy mind and spirit. I would like to improve, modernize, and grow our Healthy Lifestyles offerings to this building's maximum potential. I'm excited and eager to see where we can take these programs together as a family. Please, please, please feel free to discuss comments, concerns, or even compliments with me as I plan on keeping my door open at all times while I'm here. Your voice is what makes this place functional, and ultimately will make our Y exceptional; let's maintain that image as we continue to build more than just muscle!



-Cassie



Dear valued members, I would like to take a moment to introduce myself as the new Membership Coordinator here at Santa Anita Family YMCA. I am happy to be a part of the all-star leadership team serving this YMCA community! I have had several leadership roles here ranging from Group X instructor to Personal Trainer, which have helped me learn how to better serve our members. Please let me know how I can help you today!

-Julie

GET IN ON THE ADVENTURE, MAKE MEMORIES WITH YOUR CHILDREN THAT LAST A LIFETIME!

Back to school means getting back into fall programming. Our Adventure Guides program is a great way for you to enjoy some local adventures with your kids, while ensuring it's quality time spent with them. In our Adventure Guides program, we help you gather for monthly meetings with other families. We also facilitate trips to Big Bear's Camp Whittle, Catalina's Camp Fox, and other fun outings throughout the school year. Groups are formed to include dads and sons, dads and daughters, or mothers and sons/daughters. Interested in learning more? Contact StephanieYuen-Perales@ymcaLA.org to learn about the program and how to get a group started.

IN LOVING MEMORY— PAMELA ANN FITZPATRICK

The Santa Anita Family YMCA Board, staff, members & friends, mourn the loss of one of the most pleasant, generous, and exemplary members of our YMCA family. Pamela Ann Fitzpatrick, owner of Dollmaker's Kattywompus – an institution in Monrovia – went home to be with The Lord on July 31, 2018. A former YMCA Board member, perennial YMCA supporter, and absolute asset to everyone and everything she touched, Pam's creative spirit and warm smile will be sorely missed. May God bless Pam in Heaven commensurate with how she blessed all of us here on earth.

TRANSFORMING LIVES IN THE POOL

As this summer comes to an end, I can see the transformations that happen in the pool and our swim lesson program. Swimming changes the lives of many of our kids and families throughout the year, and especially in the summer. The YMCA created the first group swim lessons and have continued to be the best in the nation at water safety and drowning prevention. This summer we introduced morning swim lessons that took place Monday through Thursday for two week sessions. Being in the water for 4 straight days at a time helped our pre-school swimmers become confident and most important, water confident.

Ryan S. was one of the swimmers that joined us for this new two-week format. Ryan has diverse abilities as a result of a premature birth. Experiencing challenges through the developmental stages, Ryan and his parents often felt like there might not be options for Ryan to experience success. After a medically required break from lessons over the past year, Ryan returned to our program this summer eager to try again. As his dad Carlos put it, "all he does is talk about the pool and when he will see Diana (instructor) again." As luck turned out Diana was his instructor and she was as excited to see Ryan as Ryan was to see her.



Ryan began his lessons 4 weeks ago and we quickly noticed how confident and happy he was in the water. He felt as though he could swim on his own because Diana nurtured and supported his self-esteem and skills in the water. He went from putting his face in the water to doing backstroke on his own, Ryan has truly excelled in swim lessons. Seeing Ryan in the morning and having him yell, "Hello Alex" is one of the great joys I have in doing what I do at the YMCA. It is great to see how proud his parents are especially noting that this transformation happened in just 4 weeks.

Just like Ryan, we have had a great number of kids reach goals that, at the beginning of summer, seemed daunting. Our caring staff nurture and support each swimmer and empower them to find their own path to success. Not only does our program help keep swimmers safe, but it builds confidence for a lifetime of success!

Beginning August 16, registration will begin for our Fall I swim lesson session. Session will begin August 27 and continue until SUNDAY October 7th. That's right we will now be offering Sunday lessons beginning Sept 2nd. Get in on the swimming action, and help to forge your own success story!

-Alex Rojas, Aquatics Director

YOU CAN MAKE A REAL DIFFERENCE!

We want to support a community that dares to give back and do the right thing. This September, we will participate in National Clean-Up Day. On September 16th we will mobilize our volunteers to help make a difference in the community. Join us at the Santa Fe Dam at 9am where we will be pitching in to clean up the park and make a positive change. It's just one day out of the year, but what a great day it will be. The whole community is welcomed, register online at www.ymcala.volunteermatters.org/register All ages and abilities are invited, member or not. We would love to see you out there.

BE ASSERTIVE AND PREPARED-SELF DEFENSE CLASS

Master Terry, is hosting an invaluable self-defense class on September 29th at the Y DoJo. Register at the Welcome Center to participate in this three-hour course that will teach you how to be alert and prepared to protect yourself. Course runs from 9am-noon and is designed for participants age 16 and older. Master Terry will work with you to feel more confident and comfortable with your skills and most importantly how to get yourself out of a bad situation. We recommend this class for all levels and welcome beginners.



FUN AT SUMMER DAY CAMP

Summer Day Camp visited the Natural History Museum enjoying the amazing exhibits. Camp also visited the Griffith Observatory, and Golf N Stuff for even more active fun.



MORE CAMP WHITTLE ACTION



THANK YOU MONROVIA COORDINATING COUNCIL FOR SPONSORING OUR KIDS TO CAMP