June 9 was a historic day as the Everett Family YMCA broke ground on a new facility. Community leaders, passionate volunteers, and project supporters shared the vision of this new community asset being built to serve generations to come.

The new Y will be open and inviting and encourage community connections. The multi-story building will be 60,000 square feet and will include:

- State-of-the-art aquatic center with a lap pool, warm water therapy pool, and a lazy river
- Full-size gym
- Wellness and group exercise studios
- Indoor track
- Intergenerational program space for teens and seniors
- Drop-in child care while you workout
- Big Brothers Big Sisters mentoring center
- Healthcare program partner space

The YMCA is donating the southernmost acre of property at the home of the new Everett YMCA to the City to use as a neighborhood park. The park will include a playground, an interpretive rain garden, and walking path.

More than $15M has been raised so far for the $33M Everett YMCA project.

For more information about the project contact:  
Ted Wenta, Senior Vice President, Operations at 425 374 5717 or twenta@ymca-snoco.org.

To donate in support of this project contact:  
Jennifer Willows, VP/Chief Development Officer at 425 374 5745 or jwillows@ymca-snoco.org.

theneweverettymca.org
Dear Friends:

Every day I see the impact of our good work on staff, members, volunteers, and the communities we serve. This doesn’t happen by chance. The YMCA has been, and always will be, a volunteer-driven organization. Our Trustee and branch boards guide us strategically into the future, committees provide direction on programs and other business issues, and we certainly couldn’t function without the many volunteers who raise funds in support of the Annual Campaign. This is in addition to many volunteers who help out with programs on a daily basis.

As we closed out 2017, our Board of Trustees adopted a new three-year strategic plan that will guide us through 2020.

Our strategic plan goals around Capital Development, Membership, and Diversity and Inclusion enable us to serve many more people in our community than ever before. These investments help them make lasting, positive change regardless of age, health, gender, or socioeconomic status.

In addition, we recently adjusted our financial assistance program, removing barriers and making support more accessible to more people. The Y offers affordable membership and program pricing based on income to individuals and families to ensure equitable access. No join fee, no documentation, no waiting, and no barriers. Anyone is eligible to apply for Y Access For All.

Engaging and supporting all segments of society comes naturally to us, as a global organization with an inclusive mission and enduring core values. Whether you are new to this country or have lived here your entire life, our Ys want to help you reach your full potential. This always has been, and always will be, an essential part of our promise to people and communities.

I hope by reading this issue of the Triangle that you will learn we are giving teens a voice through the Youth and Government program, keeping youth safe around water, and helping adults following their dreams with programs offered through the Casino Road Academy.

This will be an exciting year as we watch the construction of the new Everett YMCA and continue to serve more people through membership, programs, and outreach to strengthen the foundation of community.
Being a Big Brother or Big Sister is one of the most enjoyable things you’ll ever do. Not to mention, one of the most fulfilling. You have the opportunity to help shape a child’s future for the better by empowering them to achieve. And the best part is, it’s actually a lot of fun. You and your Little can share the kinds of activities you already like to do.

Volunteering just a few hours a month with a child can start something amazing. So why not apply to be a Big today. There are kids out there ready to get started. Are you?

For more information on how to become a Big, please visit BBBS-SNOCO.ORG or contact to Kay Norman, Program Support, knorman@bbbs-snoco.org or 425 252 2227 x1591.

PARTNERING TO MAKE DREAMS COME TRUE

The Casino Road Adult Education Academy is a multi-agency coalition designed to provide high-quality adult education and early learning programs to adult learners and their preschoolers.

Classes offered include English as a Second Language (ESOL) and GED classes, as well as other services, activities, and seminars. Together with our partners, the Y serves more than 225 adult learners and their children each year.

On June 13, we celebrated 12 of our Casino Road Academy students who completed their GEDs this year. It was an emotional event, with many families members of all generations present to support their graduates. Numerous students also attend our ESOL classes, and their kids attend the Early Learning Program. Many students are now planning to continue in the fall at Everett Community College or Edmonds Community College to pursue higher education.

“There is a kind of magic that happens when organizations work together like this,” said Cory Armstrong-Hoss, Director, Casino Road Community Center. “Putting the students’ needs and dreams at the center of how we operate.”
Youth and Government is a national YMCA program that dates back to the late 1930s. It involves teens in state-organized model-government programs. The goal of the program is to develop young men and women who will be better citizens by being both knowledgeable and active in determining the future of our democracy.

In Youth and Government programs, teens from across the state meet in their local clubs throughout the year to discuss and debate issues that affect citizens of their state and to propose possible legislation to make state government more efficient. The program culminates with teens serving as delegates at their state conference, debating bills on the floor of the legislature.

As a result of the program, young people learn about the democratic system and are trained in parliamentary procedure, legislative committee process, debate, press relations, and lobbying techniques. Delegates learn by doing and have the opportunity to try their hand at leadership in an open and receptive learning environment.

Engage in community service through civics!
At the YMCA of Snohomish County, participants discuss current events and issues important to them and our community while working on public speaking, leadership, and social skills. Weekly meetings prepare youth for a four day mock legislative session in Olympia in early May.

This past May, the Mill Creek YMCA and the Stanwood-Camano YMCA combined to create an amazing delegation of future leaders with 22 participating students. “The delegates all challenged themselves, supported each other, and worked as a delegation to achieve big things,” said Nolan Martin, Youth and Teen Program Director, Mill Creek YMCA.

Two Snohomish County delegates won awards:

• Alexander Arzoumanian from Mill Creek won Outstanding Senator of the Year
• Trinity Klomparens from Stanwood won Outstanding Representative of the Year

To learn more about the Youth and Government program at the YMCA, contact your local YMCA of Snohomish County family branch or Nolan Martin at 425 357 3034.
SAFE AND FUN FOR EVERYONE

At the Y, water is not only a key ingredient for summer fun, it's a place where young people can develop strength, confidence, and lifelong healthy habits. But without proper guidance and safety measures, water can also be dangerous.

Consider these facts:

64% OF AFRICAN-AMERICAN AND 64% OF HISPANIC/LATINO CHILDREN CANNOT SWIM

10 PEOPLE DROWN PER DAY IN THE UNITED STATES

DROWNING IS THE 2ND LEADING CAUSE OF DEATH FOR CHILDREN AGE 14 & UNDER

Help keep kids safe around water
- Designate a “Water Watcher” to maintain visual contact with all children playing in or near water.
- Make sure kids know that breath-holding games can be dangerous.
- Keep kids away from pool drains, pipes, and other openings to avoid entrapments.

The Y is dedicated to bridging the gap in the delivery of swim lessons and water safety education - especially in underserved communities.

Ask your Y how the staff can help you or your family swim safely and have the best summer ever!

GIVE THE GIFT OF:
ADVENTURE
RELATIONSHIPS
ACHIEVEMENT
BELONGING
SELF-CONFIDENCE

A fun and educational outdoor adventure should be something every child experiences during the summer. Unfortunately, for many children from families with low-income, a week at summer camp is out of reach financially. Just as thousands of kids are counting on the YMCA of Snohomish County to make their summer dreams come true, we’re counting on you. We need your help to ensure that Snohomish County kids can learn, grow, and thrive. Please make your tax-deductible gift and provide life-changing opportunities to our youth. Visit YMCA-SNOCO.ORG/GIVE and click on Campership.
MY Y STORY:
Losing the weight. Gaining a life.

When Gary retired from the Air Force he transferred to a desk job and began gaining weight. He peaked at 260 pounds. Because of his weight, he also had diabetes, high blood pressure, COPD, and an assortment of other ailments. He knew he had to do something. Gary joined the Y and began exercising, but he wasn’t losing weight. That was until he joined the YMCA Weight Loss Program. The program taught him how to monitor his nutrition to lose weight and live healthy. Gary has now lost 100 pounds and is off most of his medications.

“I believe that if I had not joined the weight loss program at the YMCA, I seriously don’t think I’d be around right now. It’s made a significant difference in my life.”

UPCOMING EVENTS
• Everett YMCA Yankee Doodle Dash  July 4
• Monroe Tee Up For Teens     Sept. 7
• Casino Road Community Center Celebration   Sept. 25
• Everett Bright Futures Benefit Auction  Oct. 27
• Monroe Sky Valley Classic Fun Run  Oct. 27

MY Y STORY
Has the YMCA had a positive impact on your life? Would you like to share your story to inspire others? We’d love to hear from you. Email info@ymca-snoco.org.