



Futures IN THE Balance

Montgomery YMCA

Why THE Y?



Ever since the Montgomery YMCA opened its doors in 1868, it has pioneered innovative ways to reach youth, teens, and families. What began as a bible study program quickly integrated physical activities and leadership development to challenge every generation along the way.

Our YMCA now comprises 8 neighborhood facilities, a camp, and a myriad of programs at over 50 sites across the area, with another two neighborhood locations proposed. Through all the growth, our mission to put Judeo/Christian principles into practice through programs that help build the whole person in spirit, mind, and body has remained the same.

The YMCA has grown along with Montgomery and now needs to improve its 50-year old facilities to better serve our community with an emphasis on flexibility in equipment and activity areas to encourage families to be active together. Updating our current facilities will ensure that our outreach and service remains vibrant and innovative in our traditional neighborhoods.

Fighting obesity in Montgomery is a priority for the YMCA. Strategic planning in 2003 made the *Healthy Families 2006* initiative possible. The YMCA is creating innovative ways to challenge today's youth and reach busy, working families with three new neighborhood wellness centers—state-of-the-art facilities at convenient locations staffed by expert YMCA personnel.

Today's volunteer community leaders of the YMCA have a vision for the future. Just as far-sighted leaders of the YMCA saw the need for community support 50 years ago, you are invited to join *Futures in the Balance* campaign and impact the spirit, mind, and body of our community, our children, and our new neighbors.



- 1868** The Montgomery YMCA is founded
- 1892** YMCA invents Basketball at Springfield College
- 1906** Downtown YMCA on Washington Avenue is built
Served as a residence and YMCA programs Boys and Men only
- 1948** The YMCA takes over Fraternities and Sororities from the Schools
Hi Y and Tri Hi Y Youth Leadership programs are born.
YMCA starts Youth Football league.
Youth Sports will grow into Basketball, Soccer, T-Ball, Volleyball, and more over the years
- 1949** The First Alabama Youth Legislature is held
Paul Grist of Selma YMCA encouraged Bill Chandler to do it Paid for entirely by Alabama Power and Alagasco
- 1951** The Boys Work Committee to support youth programs was started
Montgomery Y Camp is built as a Day Camp
Julian Belser donated the land Christmas Tree Sales built the pool and lodge
- 1954** The Rotary Club gives Camp Rotary to the YMCA
The Camp is named Montgomery YMCA until 1980 when it becomes Camp Chandler
- 1956** 1956 Royce Kershaw leads Capital Fund drive that raised \$1,152,000 on a goal of \$1,139,000 to build South, East and Cleveland Ave YMCA's
- 1958** The East YMCA and the South YMCA opened
Montgomery became the first city with a population under one million to have branches
- 1959** The Cleveland Avenue YMCA opened its doors
Martin Luther King and the Montgomery Improvement Association helped raise the necessary funds.
- 1961** The Downtown YMCA was built
- 1967** The Southeast YMCA opened on Carter Hill Road
- 1972** Montgomery YMCA revives the National Hi-Y Conference and converts it to the Christian Values Conference.
- 1968** The First YMCA Conference on National Affairs is held in Stone Mountain, Georgia.
- 1985** The Goodtimes Afterschool program is founded
It has grown to serve 2,000 working families
- 1986** The Bell Road YMCA first opens its doors
Under the leadership of Martha Hughes, YWCO transfers ownership of Camp Grandview to the YMCA
- 1989** Tri-Community YMCA is started at Camp Grandview
- 1990** The Wetumpka YMCA became a branch of the Montgomery YMCA
Girls Sports such as Volleyball are started
- 1991** The TimeOut Program for first time youthful offenders is established
The Interpersonal Relations Program is created to teach high school students how to mentor elementary students
- 1993** With Government Support and property from Royce Kershaw the Kershaw YMCA opens its doors
- 1994** The Tuskegee/Macon County YMCA is founded
- 1999** The Indoor Soccer Facility is constructed
Indoor Facility along with the Emory Folmar Soccer Fields constitute the finest facility in the State.
- 2000** Cultural Arts Center is added to the Cleveland Avenue YMCA
This facility is one of the largest of its kind in the United States featuring arts, ballet, dance, music, and computers
Union Springs/Bullock County YMCA is formed
- 2004** 2004 Grandview YMCA in Milbrook revitalization study
- 2005** ShapeUp2005 challenges 2000+ participants



YMCA Family Helps Pro Player Grow

As a boy, Jai Miller was a dominant athletic force at the Southeast Family YMCA. He always made the All-Stars, and his class was the first in Montgomery YMCA history to win the state title four years in a row.

When Jai was 13, he was the only survivor in a car wreck that took his mother and grandmother. Close family friends from the Southeast Y all but adopted Jai following the accident. He moved in with the Joe and Ellen McNair family so he could finish the school year before moving to Selma to live with his grandfather.

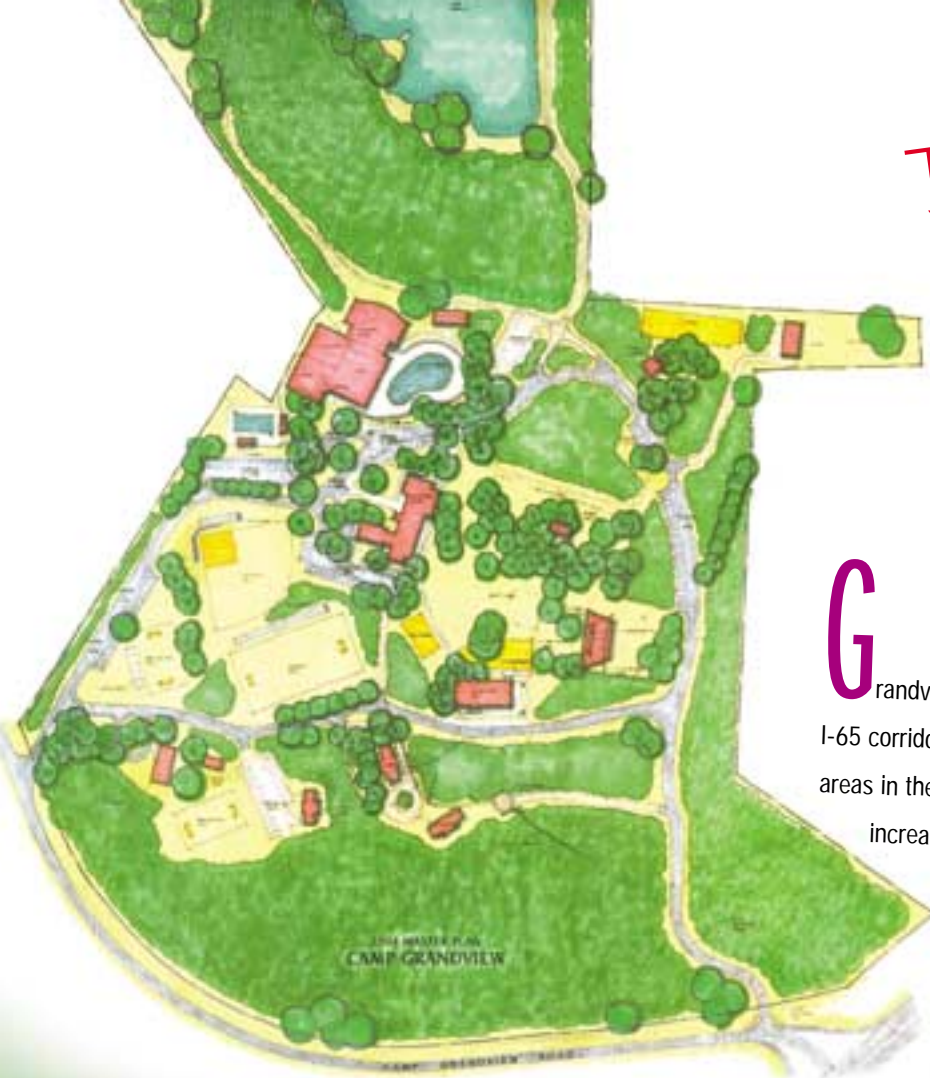
Jai would frequently visit Montgomery to see the McNairs and the other families—Michael and Kelyne Provitt, and the Dan Blitz family—who loved and guided him as he mourned the loss of his mother and grandmother.

His athletic prowess continued to grow at Selma High School, where he was a varsity starter all four years in baseball, basketball and football. He was heavily recruited by colleges around the country before committing to Stanford as a two-sport athlete. While there, he was drafted by the Florida Marlins to play professional baseball.

Of the families who helped him at a critical time in his life, he says, "It meant a lot to me that they opened not only their homes but their families up to me. If not for the relationships with those families, and the guidance they have given me through the years, my life may not have turned out to be the same. Their love and support is something I will never forget!"



THE Y AND Wherefores



Grandview YMCA in Elmore County sits on 45 acres located along the I-65 corridor north of Montgomery in the middle of one of the fastest growing areas in the state. It presents a breathtaking view and a country setting in an increasingly urban area. Major renovations to Grandview will position the center to grow along with the community. A renovated wellness center will encourage family fitness and there will be facilities added to enhance the regional day camp.

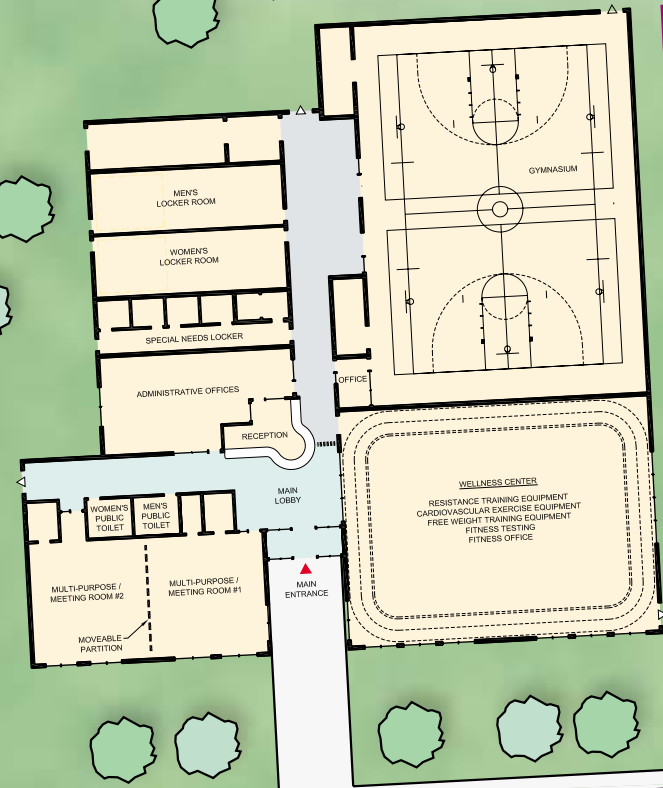
Making Sure We Measure Up

A special committee of the YMCA Board of Directors conducted a detailed audit of the mechanical state of each branch. The result is a comprehensive 5-year plan to assure the most economical operation of each branch.

Each of the existing eight branches will be updated to improve safety and make better use of each individual facility. Improvements to our older centers will support flexible use of existing space and allow for the efficient supervision of key program areas.

The YMCA prides itself on being affordable and accessible to everyone, which makes the cost-effective operation of each facility a critical component of our overall mission.

In keeping with our strategy of expanding along with high-growth areas, a new YMCA will be built on Vaughn Road in East Montgomery by the future bypass exit. This location provides quick access from many areas of town and serves as a hub of activities for surrounding areas. The new Y will be state-of-the-art, with the capacity to serve more families and meet the challenge of obesity in our community head-on. The facility will also generate new resources to support other operations and growth, assuring the continued presence of the YMCA in all neighborhoods.



THE YMCA IS Right With You

In the campaign for healthy families, the Montgomery YMCA has come up with a novel approach—neighborhood wellness centers that are easy and inexpensive to set up and maintain because they offer a universal platform. The centers will be conveniently located in high traffic areas. They will be practical, user-friendly extensions of our major branches and are designed to offer hassle-free opportunities for effective health and wellness programs. This initiative will encourage busy families to be physically active together and to learn healthy ways to balance life.

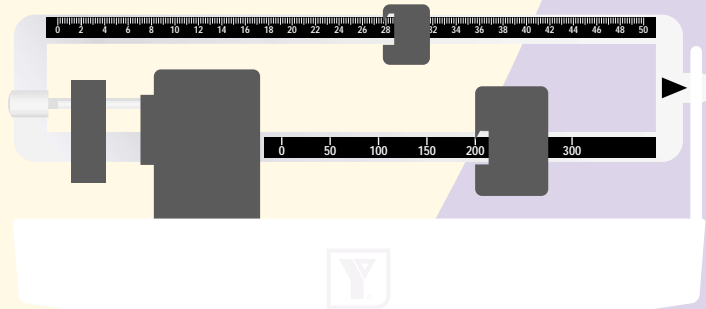
We will be opening three neighborhood wellness centers around Montgomery in the coming months. Each unit will be well-equipped and be staffed under the YMCA umbrella.



Taking Exercise to Heart

Brian and Lynn Smith heard about the Montgomery YMCA's *Shape Up* program in March of 2005. They joined the Y along with their teenage children, Brittany and Michael, and took the *Shape Up* message to heart. In the time since they've joined, Brian has lost 40 pounds and Lynn has dropped 38 pounds—big losses that have helped them realize significant health benefits. Along with increasing their energy and stamina, they've lowered their risk for heart disease, diabetes, and other ailments.

Brittany and Michael find that the YMCA offers a wide variety of activities that help them develop balance as young adults. It's been incredible year for the Smith's—they joined the Y to lose some weight, but gained so much more as a family.



Dear 'believer',

What does it take to positively influence the next generation in Central Alabama? The YMCA takes this question very seriously and is looking ahead to serve youth and families as it has never served before. Building on our strong 137 year history of innovating ways to help young people grow in Spirit, Mind and Body, the Montgomery YMCA is on the move to build healthy families and strong young people.

The *Futures in the Balance Capital Campaign* is the YMCA's strategic answer to impacting more youth and families on a daily basis in active and relevant ways and addressing our community's obesity problems. The YMCA is extraordinarily well poised to involve and encourage thousands of youth and families if we just had the space. The organization has eight membership branches well located around the area with a programming presence in over 40 different neighborhoods. Our challenge is to reach out in the high growth areas and renovate our existing facilities to meet the changing needs of busy and working families.



Our goals are simple:

- ▼ To address youth obesity by providing modern, quick, convenient opportunities for families to get active together throughout our service area.
- ▼ To build new facilities in high growth areas
- ▼ To renovate our current facilities to serve more youth and families.

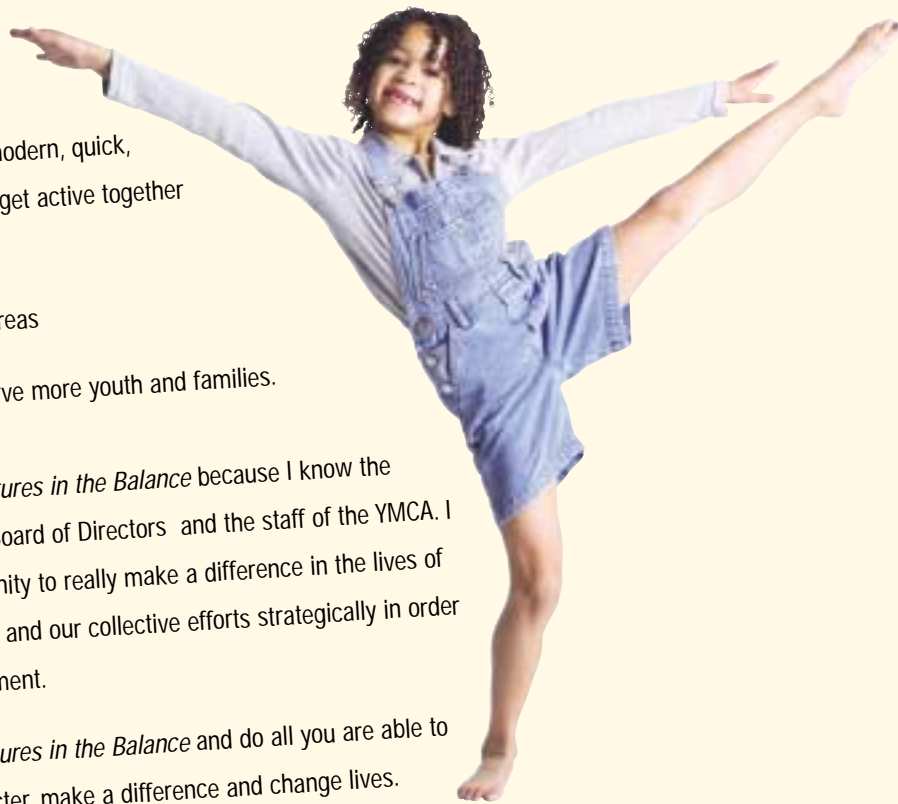
I am honored to serve as the chair of *Futures in the Balance* because I know the caliber and level of commitment of the Board of Directors and the staff of the YMCA. I also know that we have a great opportunity to really make a difference in the lives of young people by focusing our resources and our collective efforts strategically in order to get the greatest return on our investment.

I invite you to join me in supporting *Futures in the Balance* and do all you are able to help the YMCA continue to build character, make a difference and change lives.

Yours truly,

Ray Petty

Chairman, *Futures in the Balance*



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| Branch Upgrades/ Family Program Space Renovations | \$1,050,000 |
| New Neighborhood Wellness Centers | 400,000 |
| New YMCA | 2,800,000 |
| Grandview Expansion | 750,000 |
| TOTAL GOAL | \$5,000,000 |

Campaign Co-Chairs

CC Baker
Winton Blount III
Dr. Ben Joe Cumbus
Elmore Insko
Knox Kershaw
Jimmy Lowder
Sim Sippial
Tom Somerville
Todd Strange
Ken Upchurch

The YMCA Made a Critical Difference in Her Life as a Teen and Still Does

Eva Newman was born in Czechoslovakia in the 1930s. Though family survived the upheaval of World War II, her father's business was confiscated by the Czech government in 1948.

The family escaped to a relocation camp in Budapest, Hungary. While her father was taken to a re-education camp in Russia, the remainder of the family was imprisoned with other women and children. The conditions of the camp were grim and all of the children were suffering from malnutrition. Eva's body was covered with sores that would not heal.

Her mother decided that they had to find something better, so they escaped to a displaced persons camp in Vienna, Austria where the conditions were no better. Eva recalls waiting in long lines for soup.

One day, a man with sunken eyes arrived and began talking to them—it was her father, who had returned from the camps. She did not recognize him at first, but was thankful that he had returned and the family was finally reunited.

When Eva was 13, a group called the YMCA visited the camp with some nurses. They evaluated the children and convinced Eva's parents to let her go to a health camp in Switzerland. Her malnutrition was still a major problem. The YMCA took her to a camp in the Swiss Alps where there were big rooms, beds with sheets, three meals a day, and a regimented schedule. During the four months at the camp, Eva embraced what it meant to follow Jesus Christ and the importance of prayer and meditation.

"The YMCA was part of saving our lives. When we returned to the camp with our parents, we had a renewed spirit and we even began cleaning up the displaced persons camp."

Eva has been a member of the YMCA since 1951. "The YMCA is the wind beneath my wings that made me soar because there is more to life than your body and your mind. It showed me I could pray and follow Jesus Christ."



Eva later moved to the United States, married a American soldier, and became a U.S. citizen. While serving in Vietnam, her husband was killed in action.

Today, Eva is a member of the East YMCA where she serves on the board of directors. She walks or swims each day. "I know that I have to make the most of what I have been given," she says. "It takes physical strength to get old and make the journey. I still have the responsibility to finish my journey."

Eva admits she cannot get the YMCA out of her system. "We need our Mind, Body and Soul to be complete human beings. We also need to see other people. I go to the YMCA because of the atmosphere and the encouragement of other people."





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