



The Y. So Much More

**“We do not inherit the Earth from our ancestors,
we borrow it from our children.” - Ancient Indian Proverb**

“One thing that continues to amaze me, is the incredible influence the Y has had in people’s lives,” reflected Michael Broderick, President and CEO of the YMCA of Honolulu. “I don’t think that a day has gone by that somebody hasn’t told me that the Y changed their life in some significant way. Everyday, somebody tells me that they learned about leadership at the Y, or they learned how to swim at the Y, or the Y was their second home growing up, or they rehabbed from a stroke at the Y.

One of my most memorable ‘at-the-Y stories’ was when a young man came up to me after I gave a speech. He reminded me how we had first met in Court under less desirable circumstances when I was serving as a Family Court Judge. He said my words of encouragement back then led him to the Kalihi Y teen leadership program. Surrounded by role models, he opened up, gained confidence and enrolled in college. Today, he is now a part-time employee with our Y’s at-risk Ho’okupa’a program, working with teens to develop leadership and teamwork skills.”

And that’s what the Y is all about – helping people of all ages, backgrounds and needs achieve a level of health in mind, spirit and body that allows us to lead our fullest lives possible and have hope for the future.

From keiki to kupuna, the Y offers a wealth of signature Y programs to meet the critical needs of our community through three areas of focus: Youth Development, Healthy Living and Social Responsibility.

In the area of youth development, as just one example, the Y provides A-Plus services at more than 50 schools, helping to shape the minds and hearts of approximately 7,000 children. As for healthy living, the Y offers specialty programs for people living with chronic diseases such as obesity, diabetes, Parkinson and arthritis. Regarding social responsibility, the Y raises \$1 million dollars a year and then turns around and gives it away in financial aid to make sure that everybody can benefit from the Y’s programs and services regardless of their ability to pay.

And now, in a new partnership between the YMCA of Honolulu and Hawaiian Legacy Hardwoods (HLH), you can support both the Y’s efforts in strengthening our community and Hawaiian Legacy Hardwoods’ efforts to restore our majestic koa forests.

The Hawaiian Legacy Reforestation Initiative (HLRI) is a non-profit organized by the founders of HLH. Together with more than sixty green-minded partners nationwide, they have planted more than 250,000 endemic koa, sandalwood and other endangered Hawaiian species across more than 700 acres on the slopes of Mauna Kea.

You can join in by sponsoring the planting of a Koa Legacy Tree for \$60, of which \$20 of it can be designated to go the YMCA of Honolulu. You have the power to make a difference in the environment and your community- all by sponsoring the planting of a native tree!

To sponsor or plant your own Legacy Tree visit: www.LegacyTrees.org.
For more information about the YMCA of Honolulu, visit:
www.ymcahonolulu.org.

