



EUGENE FAMILY YMCA SO MUCH MORE.

A Newsletter for Donors, Members, Volunteers and Friends of the Y • October 2022

YOUR SUPPORT MEANS COMPLETION OF \$5M NEW Y COMMUNITY GOAL!

Thanks to 321 donors, the \$1 million match offered by the Tykeson Family Foundation has been met! This also means that the \$5M Community Phase goal of the campaign has been met.

"This is a testament to this community's vision of a future with a thriving Y as a flagship location for healthy living," says Kendra Goldberg, trustee of the Chambers Family Foundation and co-chair of the Community Phase. "Our town punches above its weight when it comes to generosity. **Amazing things happen when this area rallies around a shared mission.** I am humbled and awed by their support."



Eugene YMCA Board of Directors

donated \$100,000, which will be recognized in the Y's Rainbow Preschool Room.

"Trillium and the Y have a shared commitment to reduce health disparities, promote health equity and improve overall community health," says Sarah Kelley Brewer, Plan President & CEO, Trillium. "We donated

because the new Y will help meet the goals of Live Healthy Lane, a community-based effort to improve the health and well-being of those who live, learn, work and play in Lane County. Trillium anticipates the future Y will have a direct impact on thousands of families and individuals in our community."

Trillium Community Health Plan generously

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BEST SUMMER EVER FOR DANIEL AND EVALYNN THANKS TO PUBLIC SUPPORT

Summertime adds an additional layer of stress for working parents who want active, engaging experiences for their kiddos without breaking the budget or losing their jobs.

For Emily and Douglas, summer posed an incredible challenge because they found themselves suddenly with full custody of Doug's children.



Emily and Evalynn in the Y's pool

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NEW Y PROJECT:



From my vantage point of having worked with a wide range of wonderful nonprofits over the past two decades, the Y's capital campaign exemplifies what can happen when the community comes together. It's been a pleasure to help guide the Y's success in advancing its mission through the building of the new Y.

— Christina Lund,
Fundraising Consultant

Who knew when I first joined the Y in 1956 as a South Eugene High school student that I'd still be a member and still sing its praises 66 years later? As I've lived and traveled world-wide, the Y has always been a part of my life: using its athletics facilities and making friends. Through thick and thin, the Y is there for us—all of us—no matter our financial circumstances. The remarkable fact about our Eugene Y is that it's always welcoming, is there for children and adults of all ages, is open for survivors of fires and pandemics, and while structurally falling apart, is still open every day. Just think: by Christmas of next year, we will be using our new Y building. This is a testament to all Eugenians—their generosity and their belief that the Eugene Y is important for all of us.

— Eric McCready, Fundraising Consultant

The groundbreaking ceremony for the new Y was an incredible display of community, collaboration, support and preparation for the future! We'd like to thank our project partners who have worked tirelessly to get us to this point.

Scan the code to watch the video of our groundbreaking ceremony.



Kari Turner, Bill Seider,
Martha Wassweiler and Karen
Williams of Pivot Architecture



The Eugene Family YMCA has been a special place for several generations of our family, so getting to help design the new facility has been an honor. Playing volleyball during open gym times has led to a lifelong activity and longtime friendships. Both our kids learned to swim at the Y. Our daughter spent time there after school and our son was a "Y-Rat" through his teenage years. My favorite architecture projects are those that are used by many people in the community. The Eugene Family YMCA is truly a community asset because it touches family members across different age groups in so many ways. The new Y is also the place I expect to watch my granddaughter learn to swim and where I plan to spend time in retirement.

PIVOT
ARCHITECTURE

— Bill Seider, Senior Architect



PARTNERS SPOTLIGHT

**CHAMBERS
CONSTRUCTION**



Our core purpose at Chambers Construction, "Building what's important in peoples' lives," is central to every project with which we're involved, and the new Y is no exception. Knowing the importance and impact this project will have in our community for generations to come instills a real sense of pride and ownership with our team and it drives us to make sure every detail is looked after and delivered at the highest level of quality. We're fully invested in the outcome and can't wait to see the community engage with and benefit from the new YMCA.



Above: Jon Baugus (left) and Dave Bakke of Chambers Construction

Left: Dean Papé, Dave Bakke, Greg Holcomb, Mark Miksis, Craig Kirkendall (from left to right), partners from deChase Miksis, Chambers Construction and Redpoint

Below: Capital Campaign donors and their families turn dirt at Groundbreaking Ceremony

Bottom left: Vicki Gray, John Raleigh, Joe Carmichael (YMCA Board President) and Megan Horvath (from left to right) of Oregon Pacific Bank

deChase Miksis Development focuses its efforts on community-need developments that unite and strengthen neighborhoods and overall quality of life. The New Y will do exactly that. deChase is honored to partner with the Eugene YMCA team to provide space that is focused on youth development, healthy living, and community gathering all in a socially-responsible fashion.

**deCHASE
MIKSIS**



**Oregon
Pacific Bank**

Oregon Pacific Bank is working with the Y to provide construction and permanent financing for the new Y facility. It has been extremely important to Oregon Pacific Bank to help support this incredible project for the Y and the community as a whole. We look forward to a long relationship with the Y as it continues to be a resource for health, wellness and safety in our community.



Y SUMMER CAMPERS WELCOME THE WORLD!

When the world came to Eugene for the World Athletics Championships, Y summer campers welcomed the world! The Y was one of several youth groups in Eugene to be paired with another country. Y campers welcomed Team Canada and their 59 athletes.



All campers got involved in the running themselves, tracking a mile (or more!) around the track at South Eugene High School during the week leading up to the start of the championships.

They passed batons just like a track relay team and waved Canadian flags.



YQuest summer camp, for those in 7th and 8th grade, went to Hayward Field Friday, July 15, to welcome all 192 nations' athletes and visitors and watch athletes compete in the hammer throw, high jump and sprint relays.



PARENTS RELY ON THE Y LIKE EXTENDED FAMILY

Dave Sagafi and his wife Audra Stewart were not about to randomly choose a preschool for their first-born child Cameron, now 10. A friend's recommendation, a meeting with Y preschool teacher Teri and information about the curriculum (including swim lessons!) sealed the deal: Cameron would be in the Y's Rainbows room.

Fast forward eight years and you'll find Cameron building a case for why he should be hired as a Y summer camp Counselor in Training before he turns 14, the age requirement. He's well-known around the Y and not only because of his signature baby Yoda hat.

"This is our community," Dave says. "This is our only resource for child care."

Cameron and his little sister Leila are growing up at the Y. Preschool, afterschool care, summer camps and winter break programming have all been the family's go-to for their children. In fact, Leila attended kindergarten in the Y's Pre-K Plus program during COVID, when Leila would have had to attend online kindergarten through her elementary school.

"It was such a rich experience for Leila despite COVID being somewhat scary for kids," Audra says. "We are so grateful that the Y opened up this special program to serve kids entering kindergarten."



Cameron, Dave, Audra & Leila

The family also doesn't miss big events such as Healthy Kids Day or the annual Halloween Party.

"The Y feels like family and it's easy," Audra says. "The last thing you want to worry about as a parent is what is happening to your kid. When they are with Y people, I am not worried at all."

It's not just that Dave and Audra feel comfortable with the qualifications of Y staff, oversight from Y leaders and curriculum for each program. It's also that their kids LOVE being at the Y. Cameron and Leila complain if their parents show up early to pick them up from summer camp. They know most of the Y staff by name. And Cameron regularly connects with Holly, Senior Director of Youth Programs, to make his case about why he should be allowed to work for the Y.

Perhaps next time you see Cameron at the Y, he'll be wearing a Y staff t-shirt!

"This is our community," Dave says. "This is our only resource for child care."

FIRST-EVER WELCOMING FESTIVAL BRINGS TOGETHER DIVERSE COMMUNITY!

For the first-time ever, the Eugene Y’s Diversity, Inclusion and Global Engagement Committee organized and hosted a Welcoming Festival—part of Welcoming America’s national movement for neighbors—to **get to know one another and celebrate what unites us as a community.**

It was part of the committee’s vision: **we strive to achieve equal access, resolve inequities and remove institutional barriers that limit the ability of all people to develop their full potential.**

The Welcoming Festival served as an opportunity to promote cross-cultural understanding and community cohesion by bringing together immigrants and U.S. born-residents in a spirit of unity.



Food trucks El Buen Sabor and Makeda’s Ethiopian cuisine shared their cuisine, Ballet Folklórico Colibri performed traditional Mexican ballet, Trio Ritmo y Romance played an assortment of Latino songs, Ukrainian dancers from Vault Dance taught ballroom dancing, and Eugene Bhangra gave an upbeat performance.

Inside the Tennis Center, 15+ local community-based organizations from the Relief Nursery and the Eugene/Springfield NAACP to CASA of Lane County and Escudo Latino shared resources and information with attendees. Local radio stations KEPW 97.3 FM and La Que Buena 97.7 FM live-streamed the event on air. It was a family-friendly event, with inflatable games and a bounce house, face painting, ping pong, pickleball, and more fun for everyone!



THE NEW Y TAKES SHAPE

Just over three months into the new Y's construction, you can see that extensive work is taking place. Perhaps the most noticeable item is the **large hole that has been dug along 24th Avenue for the Aquatic Center.**

The perimeter fences have been moved out toward 24th Avenue and Hilyard Street in order to facilitate new sidewalks and perimeter trees. **The exterior walls are beginning to be constructed!**

As of now, most of the plumbing and utilities have been laid underground in preparation for pouring the concrete slab, which will be the floor of the



new Y. Pouring the slab will commence with the gymnasium in the northwest corner of the lot during October.

By February 2023 the roof will be on!

“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.” —HELEN KELLER

Continued from MATCH MET on page 1

The final 2 gifts came from longtime Y members Jim Northrop and Richard Hildreth.

“We are incredibly grateful to Amy Tykeson and the Tykeson Family Foundation for their incredible contributions to this project,” says Chief Development Officer Danielle Uhlhorn. **“It is particularly special that a Y family previously on financial assistance launched the Community Phase with a \$500,000 gift and that Y members brought this match to a close. Their selflessness and unwavering support of the Y is a blessing to Lane County.”**



Community Phase, bringing the total raised and pledged to \$42.3 million for the new Y campaign.

Including the purchase of the land, the total project cost is estimated at approximately \$48 million.

“We are humbled and inspired by the hundreds of donors who helped make the construction of the new Y a reality. We hope to reduce the financial gap with additional grants, federal dollars and foundation support currently in the works,” says CEO Brian Steffen. “Our goal is to open this new Y debt-free, allowing us to invest money directly to programs that serve the community and financial assistance that supports our most vulnerable residents.”

More than 825 donors raised \$5,029,292 for the

The new Y is scheduled to open December 2023.

CEDAR & RJ FIND WARM WELCOME

Cedar and RJ Jernigan found a **community—people they call ‘family’—at the Y when they moved here from Arkansas in 2017.**

“It has been a tremendous relief emotionally to move out here,” Cedar says. “Here we have emotional wealth and physical wealth. That wasn’t possible where we were.”

As a lesbian couple, Cedar and RJ endured dismissal, discrimination and harassment. The emotional labor took a toll on their physical and mental well-being. “We had to be somewhat closeted,” she says. “If we were authentic, we felt like gay activists.”

In 2013, they took action to help secure rights for other same-sex couples: they sued for the right to marry in Arkansas. They won, but they still felt uneasy in a place that would prefer they kept their sexual orientation to themselves.

When their adult son moved to Oregon, they decided to follow him. They sold everything they owned except for what would fit in one car. They purchased a home near the Y and the first thing Cedar did when she got to town was join the Y.

“We are not ‘othered’ here,” she says of the welcoming environment at the Y. “We are just another family.”

With the help of the Y’s financial assistance program, Cedar and RJ can afford to maintain a Y membership. They are so grateful for the assistance that they make a point to pay it back to the community in the form of volunteer hours at nonprofits such as Positive Community Kitchen, School Garden Project and Lovable Dog Rescue.

“We knew it would be good for our health and wellness,” she says. “We play tennis three times a week. We play pickleball. We lift weights.”

Cedar manages an autoimmune disorder called



Cedar (on right) sums up their feelings for the Y succinctly: “We love it here. It’s our nirvana.”

oral lichen planus, a chronic inflammatory condition that causes lesions in the mouth. “Without exercise and proper nutrition, it flairs up,” she laments. She keeps to a rigorous 7-days-a-week exercise plan, which also helps to prevent breast cancer recurrence. She is a 23-year survivor!

Beyond fitness activities, the Y makes them feel super connected.

“Several of the couples we play with, they’ve become like family. We’ve been through landmark moments with them: weddings or a death in their families.”

Most of their best friends are people they met at the Y.

Cedar sums up their feelings for the Y succinctly: “We love it here. It’s our nirvana.”



Together we can create OPPORTUNITIES FOR ALL



"I'M GRATEFUL THAT THE Y IS HERE"

Keith Fraid, 60, is resilient, down-to-earth and grateful to the Y.

After living on the streets for 10 years, he now has his own Conestoga hut through Community Supported Shelters near Autzen Stadium. There's no electricity or running water and the outdoor kitchen is a shared communal space.

"Just because someone is on the streets doesn't mean they don't want a shower and to focus on their health," Keith says. "When I was homeless, I wasn't eating right and I wasn't sleeping well. It's hard on a body."

His Y membership and the associated financial assistance means that Keith has a hot shower, a place to lift weights, a Little Free Pantry to access nourishing food and a connection

to kind and supportive people.

He checks in regularly with Welcome Center staff Curt Whiting and Laura Kennedy to share stories of his work as a security guard at major concerts (he stood 2 feet from country singer Kenny Chesney), and they know he loves to cook, read and play pool.



Keith Fraid

"I'm grateful that the Y is here," Keith says. "I'm just so thankful."

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"It was completely unexpected, and Doug and I work full time," Emily says. "How would we budget 9 weeks of summer camp without any advance notice?"

The Y's financial assistance, made possible through support by 4J, South Lane and individual donors, meant that Daniel, 12, and Evalynn, 9, could attend 9 weeks of summer camp—the best summer of their lives, they said—while Emily and Doug worked.

"The Y has been so amazing: working with us to eliminate the cost and giving our kids an incredibly fulfilling summer," she says. **"This was the first time they've attended summer camp ever, and it was a life-changing experience for them."**

In Y summer camp, they had opportunities to explore, play, socialize, learn respect and caring, grow their minds, and be physically active.

"Daniel went rafting twice, and I heard about every reptile that lives on Mt. Pisgah after that field trip," she says. "His confidence level has just skyrocketed, and he's really blossomed."



Daniel in the Y's pool

In Y camp, Evalynn made several friends, one of which invited Evalynn to her first-ever sleepover.

"They needed this summer at the Y," Emily says. "This fall, they moved to a new school district with new classmates. The Y gave them a platform to feel comfortable and confident starting a new school year

in a new place."

Even after camp ended, the kids were asking when they could return to the Y.

"Everybody has been so lovely at the Y," Emily says. "I can't even tell you how much it has changed our lives."



Together we can create OPPORTUNITIES FOR ALL



Walk It Off With the Y 2022

Almost 300 people participated in Walk It Off with the Y this summer to focus on moving their bodies, improving their health and making friendships. Among those at Walk It Off were Don Miller, 75, and his wife Marilyn, 73, who have been participating in Walk It Off since 2011 when it was hosted by 94.5 Mix FM.

Marilyn started going to Walk It Off to help with recovery from a stroke. Don soon joined as a way to improve his health. As a diabetic, he needs exercise to keep his blood sugar down, and as a cancer survivor, he uses exercise to prevent recurrence. In 2018, Don went through the **LIVESTRONG** at the YMCA program.

Both competitive in nature, Don and Marilyn compete in 5K races all over the region—from Florence and Medford to Bend and Vancouver, WA. They think of Walk It Off as training for these races, walking between 4.5 to 5 miles at Walk It Off each week. They switch up the route each time, exploring the river path all the way from Alton Baker Park to Island Park in Springfield.

Now retired, walking has become a daily routine and a way for them to engage socially.

“One thing we love about Walk It Off is all the friendships that have been established between the people who come,” Don says “We have a lot of friends we’ve made here throughout



Don and Marilyn Miller at Walk It Off

the years. We don’t walk with them all that often, but we always chat before or after walking.”

Your Y plans to continue this free community event for years to come because it provides an easily accessible, healthy opportunity to thrive.

THANK YOU to our incredible 2022 sponsors: PeaceHealth, Slocum, 94.5 Mix FM, Eugene Parks & Open Space, Eugene Magazine, Bigfoot Beverages and TNT Specialty Advertising, who made this free event possible!



Walk It Off with the Y at Alton Baker Park



Together we can create OPPORTUNITIES FOR ALL



HELP CREATE OPPORTUNITIES FOR ALL!

Your end-of-year gift supports programs, services and the financial assistance program.

At the Eugene Family YMCA, we believe **EVERYONE DESERVES OPPORTUNITY** regardless of race, religion, socioeconomic status, physical or mental ability, gender, sex, age, belief, size or culture. Please join us in ensuring that all kids, families, individuals and seniors have the opportunity to learn, grow and thrive by making a gift to the Annual Campaign. Together, we can keep our community strong and vibrant!



MAKE A LASTING IMPACT WHEN YOU GIVE TODAY

\$50 DONATION

Build water safety skills or provide healthy snacks for youth

\$100 DONATION

Build confidence through youth sports clinics and leagues

\$250 DONATION

Provide enrichment activities for youth after school

\$500 DONATION

Support individuals in cancer survivor and disease-prevention programs

If you are interested in creating opportunities for all, please consider the following:

- Make a one-time or monthly recurring donation
- Checks can be made payable to the Eugene Family YMCA, 2055 Patterson St., Eugene, OR 97405. Be sure to include "Annual Campaign" on the memo line.
- Online donations can be made by using your camera app on this code, or by visiting eugeneymca.org/donate
- Donate appreciated stock
- Consider the Y during your Estate Planning



The Eugene Family YMCA is a 501c3 non-profit.
EIN 93-0500679

QUESTIONS?

Contact Danielle Uhlhorn
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