



MEMBER NEWSLETTER

WALLA WALLA YMCA

Honoring Moms

This Sunday, May 10, the Y honors all mothers, stepmothers, grandmothers, mothers-in-law, guardians, and other female figures who nurture and support families.



While the creation of Father's Day is attributed to the Spokane Y, Mother's Day is attributed to Julia Ward Howe. In 1879, she called for Mother's Day to be celebrated each year to encourage pacifism and disarmament amongst women. It continued to be observed in Boston for about ten years under her sponsorship, but lost popularity afterward.

In 1907, Anna Jarvis held a private Mother's Day celebration in memory of her mother, Ann Reeves Jarvis, in Grafton, West Virginia. Ann had been a peace activist during the Civil War and organized "Mother's Day Work Clubs" to improve health and cleanliness. Her daughter Anna launched a quest for Mother's Day to be more widely recognized. Her campaign was later financially supported by John Wanamaker, a clothing merchant from Philadelphia.

In 1908, Jarvis was instrumental in arranging a service in the Andrew's Methodist Episcopal Church in Grafton, attended by 407 children and their mothers. The church has now become the International Mother's Day Shrine. It is a tribute to all mothers and has been designated as a National Historic Landmark.

US President Woodrow Wilson signed a proclamation in 1914 designating Mother's Day as a national holiday.



Spring Cleaning - Creating Space For What Matters Most

As you get organized this spring, consider bringing order and clarity to your home and life by recording important decisions in a will. No matter your life stage or wealth, it's an essential step for protecting your loved ones, planning for the distribution of your assets, and gaining peace of mind.

As you direct gifts to individuals in your plans, you can also build a legacy by naming the YMCA in your estate plans. Our trusted partner, **FreeWill**, guides you through making or updating your will in as little as 20 minutes, free of charge. Clear the clutter, and complete this task today.

[FreeWill](#)

YAG Goes to Olympia

This past week, 36 students from Walla Walla and 7 from Waitsburg convened at the Washington capitol as part of the 79th YMCA Youth and Government (YAG) statewide program. YAG is a student-led civic education program for middle and high schoolers. This year over 400 youth from delegations across the state took part in the 4-day session in Olympia where they served in key legislative and support roles.

We're proud of all that our delegation accomplished this year—from researching topics, preparing bills and presenting these as senators and representatives on the floors of the House and Senate. One of our senior delegates was recognized as the session's outstanding Senator for her skills in thought-provoking and respectful debate.

We also had students serve in the press corps, as pages, program committee members, lobbyists and in the youth governors office. Everyone had a role and did it well. We received countless comments from other delegations about the energy, preparedness and friendliness of our students.

The session ended with 3 of our Walla Walla delegates elected to serve in major offices during next year's state mock legislature. The positions they will hold are:

- Attorney General
- Lt Governor
- Postmaster General

Youth and Government is made possible through donations. Thank you for supporting this important youth program.



[Give Today](#)



Y Honors | Margie's Strength Journey

When Margie first came to the Y, it wasn't part of a long-term plan—it simply began with a suggestion from her husband. While searching for a Pilates studio, she decided to give the Y a try instead.

Margie quickly discovered that personal training was the right fit for her. She connected with a trainer who could give her more individualized attention. "I prefer a personal trainer because he can spot check me," she explains. "Josh has been excellent at that."

Her motivation goes beyond just staying active. After a conversation with her doctor, Margie became even more committed to strength training. "Weight training for women in my age bracket is imperative," she says. "You build muscle, and muscle protects bones." That advice recently proved invaluable—after a fall, she was relieved to find herself sore but otherwise okay, something she credits to her regular workouts.

Despite a busy life filled with travel, caring for three dogs, and gardening, Margie makes time to come to the Y two to three times a week. For her, it's more than just exercise: "The community at the Y is wonderful. Everybody is so friendly. It's like a family," she says. "I prefer the atmosphere here."

Margie's story is a powerful reminder that it's never too late to invest in your health. With consistency, support, and the right environment, she's building strength not just for today—but for years to come.

College Place & Athena Camps

There's still time to enroll your child or grandchild in our Athena or College Place summer camps. Register your youth for a new adventure each week. Both camps operate Monday-Thursday.

College Place Camp

Cost: \$75 Full Day | \$50 Half Day
Eight Weeks: June 22 - August 13
Location: Kiwanis Park

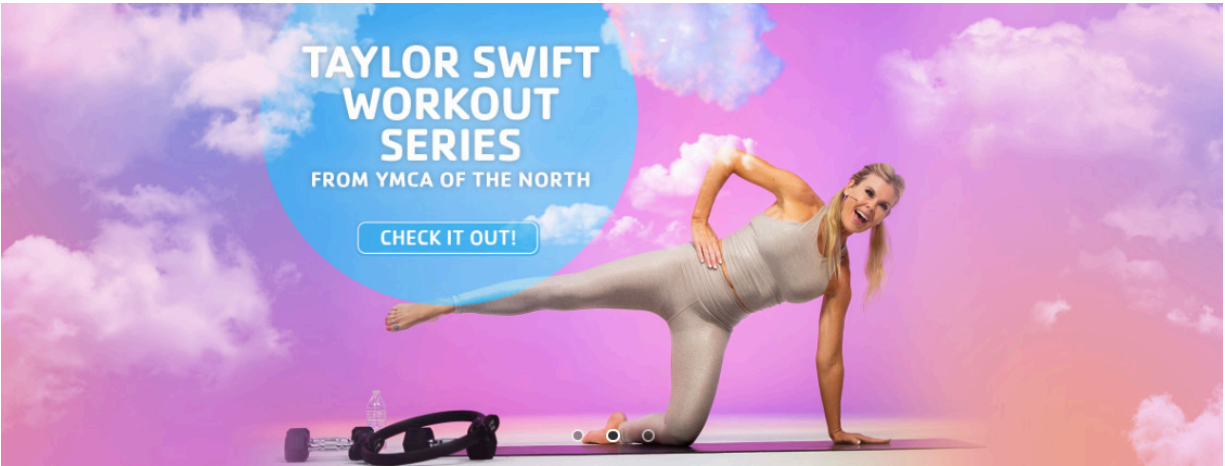


Athena Camp

Cost: \$75 Full Day
Six Weeks: June 22 - July 23
Location: Athena Elementary

Youth Financial Assistance is available. For more info, including registration, click the button below!

[Summer Camp Registration](#)



New Y360 Classes

YMCA360 is an on-demand video platform for adults and kids alike. You'll find hundreds of videos including hobby classes, sports training, group exercises and more. Their newest releases include workout classes set to Taylor Swift hits.

The best part is it's FREE with your Y Membership, and can be accessed in a few easy steps:

- Visit ymca360.org
- Click the login button, enter your email address associated with your membership enter your zip code, and select your local YMCA branch.
- you'll then receive an email with a 6 digit passcode, which you will enter to gain access.

That's all it takes to gain access to an incredible library of Y content. Click the button down below to access YMCA360 today.

[YMCA360](#)

Find a Volunteer Opportunity	Car Show	Spring Block Party	Market in the Park
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