



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIRST FRIDAY REPORT



A Monthly Update for Friends of  
**THE YMCA OF  
METROPOLITAN DALLAS**

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**Dear YMCA Friends,**

Here are a few highlights of what's happening through your YMCA:

**Youth Development** Youth and Government is a nation-wide YMCA program in which students learn the mechanics of government and the media by participating in hands-on activities in a club at their school or local Y. Youth and Government allows middle and high school students to experience the excitement of our state government in action. Students meet regularly as a club during the fall semester and throughout the year. Each club consists of participating students and an adult sponsor (usually a teacher) and is guided and supported by YMCA staff and volunteers. Students choose to participate in one of four areas: legislative, judicial, media, or state affairs forum. Saturday November 10th is the District Conference at Duncanville High School. For more information, contact Jenna Struble at [jstruble@ymcadallas.org](mailto:jstruble@ymcadallas.org)



**Healthy Living** Thanksgiving Day brings in the annual YMCA Turkey Trot! A tradition since 1967, the Trot has taken over the Dallas area and provided a fun morning for families on Thanksgiving Day. By 1979, the race became so popular that it was relocated to downtown Dallas to showcase the big city. Since then the race has brought people in from all over the world. The Trot includes the choice of an eight-mile distance and a 5k Fun Run/Walk. New this year is the Junior Trot, a 1K fun run for kids 6 - 11 years old. Even if you're not a runner or walker, there are fun activities for the whole family to enjoy. For many, the Trot is the way to start Thanksgiving. For more information, go to [thetrot.org](http://thetrot.org)



**Social Responsibility** The 15th Annual Key Leaders Luncheon was held at the Fairmont Hotel on October 4th. Nearly 500 were in attendance to learn more about the Y and to hear a discussion with Robert Kaplan, President and Chief Executive Officer of the Federal Reserve Bank of Dallas and Lee Cullum, host of CEO on KERA. Attendees learned about the Y's work in summer learning loss prevention, STEM education and a camp geared to slow childhood obesity. Rob and Lee spoke about where they believe the economy is heading particularly, what impacts Texas. Oil and gas, immigration, education and low unemployment are topics impacting us all. It was a terrific event and feedback from the audience was very positive.



Have you considered including the Y in your will? The Heritage Club is a great way to ensure the Y remains successful for many years to come. For more information, contact **Charlie Myer** at **469 276 8456** or [cmyer@ymcadallas.org](mailto:cmyer@ymcadallas.org)

Thank you for your continued support.

In spirit, mind, and body.

Sincerely,

Curt Hazelbaker  
President and Chief Executive Officer

