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A Message From the Board Chair by Ann Kaster

Mission in Action

The uncertain economy has put pressure on communities throughout the country, and many Americans face unwelcome choices as they balance conflicting financial and personal demands. YMCAs have a unique ability to help in these tough times. For nearly 160 years, we have stood as a constant with purposeful, engaging programs that nurture the spirit, challenge the mind and strengthen the body.

The YMCA works hard to make its programs accessible to all, and the Siskiyou



Who is the lady with the Peppodent smile, upbeat personality and boundless energy, aka the Fitness Coordinator and Aerobics Instructor of our Y for the past two years? The lady for whom the doctor is always in because she is married to him?

Her name is Theresa Della Lana, and her story has the enchantment of a fairy tale! Born in Honolulu, her family moved to New Jersey when she was eleven and then to New Hampshire. Her "nomadic life" later took her to Pennsylvania where she earned her B.S. in Recreation with an emphasis in fitness management at Lock Haven University. After which, her first real job was with a hospital that had a health promotion program (CHIPS) in Manchester, New

Family YMCA will make every effort to help you or your family members stay involved in Y activities. Whether its programs, summer camps or your membership, don't be afraid to ask about financial assistance. Every day we offer financial assistance – made possible by private and public support. Last year we awarded \$32,000 in financial assistance, this year the need is even greater. We have already had 50% more in requests than we had last year. We feel it is important to help families and individuals be part of the YMCA because

we value what everyone brings to the Y as much as we value what the Y can do for them.

If you would like to help make these YMCA opportunities available to members of the community you can help making a donation. You can now make donations through our website <http://siskiyou-ymca.org/>.

*"Put Play In
Your Day!"*

Meet our Y Staff by Pat Carson

Hampshire. There she was involved in health screening for state employees.

But then a friend insisted she should go to sea, and Theresa became a fitness instructor for Norwegian Cruise Lines the next two years! This dream job enabled her to squeeze in a lifetime of experience aboard ship and also explore the places to which they sailed. In two years, our adventurous instructor had covered the Caribbean, Scandinavia, Estonia, St. Petersburg in Russia, Helsinki in Finland, Stockholm in Sweden, Copenhagen in Denmark, Oslo in Norway and – finally – the White Cliffs of Dover (England). Sound like a movie script?

If not, keep reading. She left this enviable position in 2000, returning to Hawaii to work in human resources and recruiting. And there she met a Stanford and

Johns Hopkins Medical School graduate from Staten Island, New York – David Della Lana – who was working for the Kaiser giant. Losing her heart and wanderlust together, she came down to earth.

Realizing that Hawaii was too expensive for a couple's budget, Theresa and David returned to the West Coast, fortunately for Yreka! Recently, Theresa received her Personal Training Certificate from AFAA (Aerobics & Fitness Association of America). And now the third and fourth graders enrolled in the SAFE After School Program at Gold Street School also benefit from her training in recreation. Last, but certainly not least, the community is enriched by her husband's private practice and real involvement in this Y.

So, don't we hope the Della Lana's are here to stay?