Kathy's Y Story

Kathy's love for the YMCA goes back almost 100 years.

In the late 1920s, Kathy's father, Eberhard Wolfe Pohl, came to America from Germany. He was in his early 20s, couldn't speak English, and arrived with very little. He was homeless and unemployed and stayed at the Everett YMCA around 1928 as he began building a new life in America.

Eberhard, born in 1906, also wrestled at the Everett YMCA. He eventually married Clairchen Hausler, who was also from Germany. Together, they settled in the Everett area and started a family. They had three children: Paul, Robert, and Kathy. After their divorce, Eberhard later had another son.

Kathy began going to the Everett Y herself when she was just 12 years old. Little did she know the Y would remain such an important part of her life decades later.

In 2007, Kathy suffered a heart attack and underwent surgery. Her doctors recommended she go to the Y for rehabilitation. They encouraged her not only to use the pool and rebuild her strength, but also to find camaraderie, friendship, and encouragement. Kathy took their advice.

Now, in 2026, Kathy is 84 years old and has been coming to the Y for 19 years. She absolutely loves it. She loves the people, the stories, and especially the friendships she's made at the Monroe Y.

Those friendships have grown far beyond the walls of the Y. Kathy and her longtime friends get together at each other's homes, share food, laugh, and enjoy spending time together.

As Kathy says, "The Y fosters a lot of friendships and encouragement."

She is also part of a very special group at the Monroe Y, a group where everyone has the same name: the "Kathys." Once a month, the Kathys get together and go out to lunch. They have become well known around the Y, and their friendship is just another example of the connections that happen here every day.

For Kathy, the Y is much more than a place to exercise. It is part of her family's history. It was there for her father when he first came to America nearly 100 years ago; it was there for Kathy as a young girl, and for her when she needed strength and support after her heart attack.

Today, at 84, Kathy is still showing up, still making friends, still laughing, and still finding reasons to love coming to the Y.

Nearly 100 years and two generations, with one common thread: the YMCA. Kathy's story is a beautiful reminder that the Y is not just a place you go. It's a place where you belong.