



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA PRESIDENT'S NEWSLETTER

cccymca.org

HOLIDAYS 2013

CAPITALIZING ON CHARACTER

Dear Friends,

This past summer, I had the pleasure of joining an outstanding group of volunteer and staff leaders from our Y who attended the General Assembly of YMCAs in Philadelphia. We heard from many excellent speakers who educated and inspired us, and I was particularly fascinated by Malcolm Gladwell's thoughts on *capitalization*. Gladwell, the author of several best-sellers including *The Tipping Point*, *Blink*, and *Outliers*, defined *capitalization* as the rate at which a community capitalizes on the potential of those in its midst. In other words, what percent of those who are capable of achieving something - actually achieve it. Gladwell also discussed the importance of time and patience in allowing potential to be realized citing great scholars, musicians, athletes and others who struggled for many years before achieving their full potential.



David Stevenson
President & CEO

Our Real-Time Strategic Plan brings great focus to our work with youth including our belief that *every child has great potential and should be given the opportunity and guidance to reach it*. This is exactly what Gladwell was talking about in his thoughts on capitalization! So how does the Y do this important work? First, we make sure that kids have access to Y programs and activities where they feel welcomed and valued. Then we go to work on building and strengthening the character values of caring, honesty, respect, and responsibility. Opportunities to teach, demonstrate, reinforce, and support these important values are woven into all of the Y's youth programs, services, and experiences. Finally, we offer the patience and guidance necessary for kids to grow and learn. And we have also begun to use an excellent measurement tool to benchmark results and demonstrate the impact being made in children's lives. I'll report back to you once more data has been collected.

I am also proud of the passion, dedication and expertise brought by our volunteers and staff working with youth at our twelve branches and forty-two outreach sites. We are particularly proud of our work with kids at our New Haven Y Youth Center and Ralphola Taylor Community Center Y (Bridgeport) serving neighborhoods facing exceptional challenges.

Thank you to all of our generous donors and volunteers for your support and leadership. You're making it possible for thousands of young people to reach for and achieve their full potential.

Best wishes to all for a happy and healthy Holiday season!

Dave





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BRANCH LOCATIONS

Alpha Community Services YMCA
Bridgeport CT
Bridgeport YMCA
Fairfield YMCA
Hamden/North Haven YMCA
Lakewood-Trumbull YMCA
New Haven YMCA Youth Center
Ralphola Taylor Community Center YMCA
Bridgeport CT
Soundview Family YMCA
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YMCA Camp Hi-Rock
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New Haven CT

OUR MISSION

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

ROBIN HOOD TO THE RESCUE

The Central Connecticut Coast YMCA is very grateful to have received funds from the Robin Hood Relief Fund to support our communities in the aftermath of Hurricane Sandy.

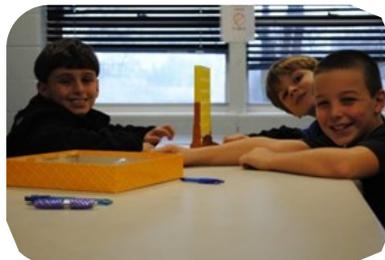
Since 1859, the Central Connecticut Coast Y branches have operated as community centers in the heart of the twenty-five towns we serve. Much of our work is supported by membership dues, program fees, grants and contributions, but central to our mission is the commitment to make the Y affordable and accessible to all, regardless of ability to pay.

In addition to opening our branches to all community members as places to recharge, literally and figuratively, after the storm, the funding received from the Robin Hood Relief Fund was used to support 255 children and their families directly affected by Hurricane Sandy.

Because of Robin Hood's generosity, we were able to keep a little bit of normalcy in children's lives after the upheaval of losing nearly all their material possessions in the storm. One particular family, whose home was completely destroyed in Milford, was displaced to Hamden. Because their jobs were still in Milford, the parents reached out to the Milford School District to ask for help in keeping their children in their regular schools. The kids were struggling with the loss of their home and the thought of starting over at a new school with none of their friends was overwhelming. However, the family desperately needed afterschool care for their children.

The school district contacted the YMCA and we were able to provide child care at no cost – both before and after school – so the parents could continue to work, pick up the pieces and provide for their family, knowing that the kids were safe and cared for in their out-of-school hours. Being in their home schools and with friends made a world of difference to the children and their family.

Please consider making a special year-end contribution. You matter to the Y - thank you for the gifts you've made to your local Y in the past. As we head into the end of the year, we ask you to give now, knowing that any gift, of any amount, goes right to the heart of the Y. <http://www.cccymca.org/make-a-difference/give/>





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LEARN, GROW, THRIVE

Over 550 children prepare for success in kindergarten and beyond in one of six Central Connecticut Coast Y school readiness and preschool programs. Children interact in small groups with certified teachers focusing on literacy, math, science, arts, healthy habits, social development and FUN!



100 YEARS OLD AND COUNTING!

It's not every day that a Y member turns 100 years old!

Woodruff Family Y member, Margaret Wachs celebrated her 100th birthday on September 20th by swimming 10 laps (500 yards) at the Y. Joining her in the pool were her daughter, granddaughter, and great-granddaughter – all members of various YMCAs. Mrs. Wachs stays healthy by eating lots of fruits and vegetables and swims once or twice a week at the Y. She reads constantly, loves a lively conversation and is always helping someone.

What an inspiration!



LEAVE A YMCA LEGACY

In 1978, the Central Connecticut Coast YMCA created the *Heritage Club* to recognize and thank a special group of people. *Heritage Club* membership is extended to those who have taken steps **now** to help guarantee a strong future for our Y by including a gift to the Central Connecticut Coast Y's Endowment in their estate plans or by making a significant monetary donation to any Central Connecticut Coast Y Endowment.

A planned gift can also bring financial benefits to the donor and their family by reducing or eliminating estate taxes; converting low-yielding assets into a higher income stream at reduced capital gains cost; and producing significant income tax deductions.

If you would like to know more, contact Pam Hearn, Vice President of Financial Development at (203) 777-9622 or phearn@cccymca.org.

YMCA CAMP HI-ROCK REUNITES

YMCA Camp Hi-Rock alumni from around the world gathered at camp this past Labor Day Weekend for a reunion celebrating Hi-Rock's 65th anniversary. Two hundred and thirty-five Hi-Rockers including former campers and counselors and their families came together to revel in one of Hi-Rock's greatest gifts – lifelong friendships!

In true Hi-Rock spirit, the reunion brought together a diverse group of campers from all around the world sharing very different backgrounds. Alumni Steve and Caroline Gill, Vicki Giggins, Justin Caplicki and Luke Emslie won the prize for flying the longest distance – all the way from Australia! Vicki won extra points for bringing along baby boy Fraser. Klaus and Millie Grah brought good cheer from Germany along with cherished stories to share of Klaus's experience as one of Hi-Rock's first international counselors in 1955.

Campers now grown into adults reconnected with their former counselors and expressed their gratitude for the ways in which they had cared for and inspired them. Former campers and counselors alike flocked to former camp director, Tom Moore, who spent twenty years at Hi-Rock's helm and continues to dole out wit and wisdom to admiring alumni. Old friends basked in the comfort of each other's company, picking right up where they'd left off years ago, while new friendships were forged easily among those who had never shared a summer. Conversations all around camp shared a common theme with alumni talking about how grateful they were for the life changing experience of Hi-Rock. In one way or another, everyone's words echoed the chorus of a favorite camp cheer, "We love it here!"



YMCA Camp Hi-Rock Alumni



Youngest Reunion attendees and future YMCA Camp Hi-Rock Alumni

CCC Y YOUTH AND GOVERNMENT

The Connecticut YMCA Youth and Government Program introduces teens in grades 7-12 to the organization and function of the Connecticut General Assembly by participation in a mock legislative session. Delegates may participate as elected officials, representatives or senators, press corps members, or lobbyists. Teens learn how to write, present and debate bills to better our state.

At the 2013 State Conference, the New Haven Y Youth Center and the Woodruff Family Y, both had delegations. During the election, four of our students were voted into office. Voted Governor, Andrew Jones (Foran Delegation); re-elected Lieutenant Governor, Jeremy Jamison (New Haven Y Youth Center), Secretary of the State, Ana Peruzzi (Lauralton Hall Delegation) and Editor-in-Chief, Abby Janik (Lauralton Hall Delegation.)

