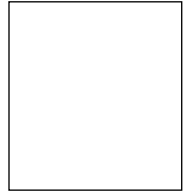




**FLAGLER FAMILY YMCA
ASSOCIATION OFFICE**
761 East International Speedway Boulevard
Deland, FL 32724



STRENGTHENING THE FOUNDATIONS OF COMMUNITY

INSIDE THE TRIANGLE



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**For expanded content, visit
VFYMCA.org**

Inside the Triangle is produced by the Communications Department of Volusia Flagler Family YMCA. If you would like more information on this publication, or any of the articles presented within, to subscribe/unsubscribe, or to go paperless with your subscription, please call the Corporate Office at 386.738.9622.

UPCOMING EVENTS

- › **SALSA, SABOR Y SALUD**
The Four Townes Y teaches healthy nutrition habits
October 13 through December 1
- › **MAINTAIN DON'T GAIN**
Our holiday challenge program to keep members on track
November 16 through December 31
- › **ANGEL TREES**
Give the magic of Christmas morning through our annual Angel Tree gift drive
November 17 through December 9
- › **BLACK FRIDAY**
A one-day-only sale where you receive \$25 off for every \$100 you spend
November 25
- › **3-ON-3 BASKETBALL TOURNAMENT**
Hosted by the Ormond Beach Y
November 26
- › **SPRING FAMILY CAMPOUT**
Camp Winona hosts a weekend of family fun
April 27 - 29



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Thanks to a grant from the Walmart Foundation, we were able to provide meals for more than 700 campers, a 278 percent increase from last year.

A SUMMER TO REMEMBER

At our summer day camp, more than 700 kids of all ages took a break from school and headed to the Y, where they developed new skills and made new friends. On top of all the camp activities and games, campers also participated in an indoor tennis program, thanks to an equipment donation from the United States Tennis Association of Florida. Kids not only learned the basics of the game, but also who they are and what they can achieve both on and off the court.

In addition to summer day camp, teens learned the skills needed to succeed in our Teen Leadership Camp. Together, they took field trips, experienced working at the Y, and learned first-hand what it means to be a leader in the workplace. Through our summer youth development programs, we are helping children and teens cultivate the values, skills, and relationships that lead to positive behaviors, better health, and future success.



Kids participated in games and activities all relating to this year's theme, "Mission: Fun!"



Nationally-ranked motorsports driver, Blake Koch, stopped by to visit with our day camp kids.

Take a look at what added up this summer, thanks to our donors:

1,367

KIDS LEARNED TEAMWORK AND VALUES IN SUMMER SPORTS

1,371

KIDS BUILT THEIR CONFIDENCE AT SUMMER CAMP

442

KIDS DISCOVERED THEIR POTENTIAL CAMPING AT WINONA

1,861

KIDS LEARNED HEALTHY, POTENTIALLY LIFE-SAVING SKILLS IN SWIM LESSONS

PRESIDENT'S CORNER

A message from CEO, Teresa Rogers



This summer has been full of milestones for our YMCA, and I believe it shows the value of working side-by-side with and for our neighbors. With support from donors and partners, who share our passion for strengthening the foundations of our community, this summer was made memorable for hundreds of children and families who needed it so much.

Together, at the Y, we are creating lasting change every day by nurturing the potential

of every child and teen, improving our community's health and well-being, and giving back and providing support to our neighbors. Everything we do, and will continue to do, will be with those goals in mind.

This year, I celebrated a milestone birthday and my 21st year of being a part of the Y. Birthdays often cause me to reflect on the accomplishments of the organizations I am involved with, and there is no way to express how proud I am to be part of an organization that is embracing progress and constantly seeking ways to better serve its community. And the most important facet is you — our donors and volunteers — the "sharers" of our cause.

As you review our work from the last quarter, I hope you will find inspiration in the real success stories and highlights of our impact every day.

Blessings To All of You,

CONTINUING THE TRADITION

For more than 90 years, Camp Winona, our resident camp, has served as a place to meet new friends and explore the outdoors every summer. Established by volunteers deeply committed to our community, Camp Winona gives children the chance to not only discover who they are, but learn the leadership skills and character values necessary to grow into more confident adults. Camp Winona has created lasting memories for thousands of children, and we want to make sure that tradition continues for generations to come. With the support of donors, we can make this happen. Renovations, including fresh paint, new insulation, and air-conditioning installations



Many sponsors have already agreed to renovate cabins at Camp Winona.



will soon be underway for the cabins, thanks to the support from donors like A. Gregg Pifer, Camp Winona board member and owner of A.G. Pifer Construction. "This is a service to the community and a chance to show how much our company cares about the kids and their families," he said.

To learn more about the Camp Winona Cabin Project or how you can help, visit our website at campwinona.org or call 386.738.9622.

TAKING CONTROL

One in three adults in America is at high risk for developing type 2 diabetes. The YMCA's Diabetes Prevention Program, which is part of the CDC-led National Diabetes Prevention Program, has been proven to prevent or delay the onset of type 2 diabetes by 58 percent. Coming soon to our local YMCAs, trained lifestyle coaches will teach participants easy ways to change their lives for the better. Visit our website to learn more or find out how you can participate.

BUILDING HEALTHIER FAMILIES



Research shows that the Latino population is at higher risk for certain life-threatening health challenges. Nationally, one in two Latino children will become diabetic at some point in their lives. Volusia County is no exception. Right here in our community, the obesity rate among Hispanics is almost 19 percent higher than that of Caucasians. At

Nationally, one in two Latino children will become diabetic at some point in their lives.

the Y, we are focused on changing the outcomes for children and families by teaching healthy habits that will lead to better nutrition for the whole family.

focuses on increasing physical activity and healthy habits for families, including correct portion sizes, nutritious after-school snacks, and even eating meals together as a family.

Thanks to a \$4,000 grant from Kraft Foods and Y-USA, we have launched Salsa, Sabor y Salud (Food, Fun and Fitness) in Deltona. Developed by the National Latino Children's Institute, this program is available at no cost and

"The program is about more than food and nutrition," says Iris Wiseman, a program facilitator who grew up in Puerto Rico. "It's also about sharing connections with other families in similar situations." Ninety percent of participants continue the healthy behaviors they learn in the program after completing it. Because of the program's success, it will launch at the Four Townes Family YMCA this fall and in Pierson in Spring 2012.

KEEPING HEADS UP AND ABOVE WATER

It takes just one inch of water and only 10 seconds for a child to drown. For kids who spend their summers swimming at the Y, weekly trips to the pool are full of fun and excitement. They also serve as perfect opportunities to teach life-saving skills. As the leader in water safety and aquatics instruction, we partnered with the Pool Safety Coalition and other community organizations to offer two Water Safety days at each of our family centers. Families had the opportunity to learn CPR and how to recognize a drowning victim, and even participate in relay races. Thanks to support from our partners, we're helping kids and families in our community stay safe and healthy.

Drowning is the second leading cause of unintentional death in children ages 1 to 14.



Children and adults learned CPR from certified lifeguards and local fire rescue personnel.

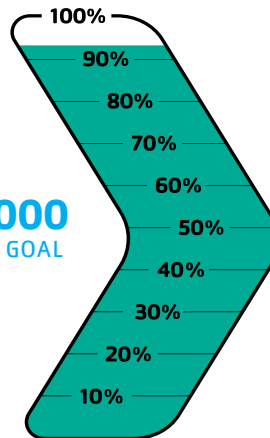


Kids received one-on-one pool safety training at this year's Water Safety Days.

COMMUNITY CAMPAIGN UPDATE

Thank you to everyone who has given to our community campaign! With your help, we are moving closer to our goal. Because you share our passion for strengthening the foundations of community, we have raised 92 percent of our association's goal. Join us in our efforts and change your community. To give to the Y, visit us online or stop by your local Y today. Together, we're ensuring that every individual has access to the essentials needed to learn, grow and thrive.

\$300,000
CAMPAIGN GOAL



MEMBER SPOTLIGHT: Bill Reynolds

After being diagnosed with type 2 diabetes and prostate cancer, Bill Reynolds had a wake-up call and knew he needed to get started on a healthier lifestyle. He started walking around his neighborhood, gradually losing weight, but he needed to do more and didn't want to do it alone. Since joining the Y, Bill has found a new group of friends and the right mix of personal coaching and training that has offered the support he was looking for. "The Y is

"The Y makes me strong and healthy, and people can see that."

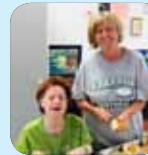
a place you generate energy," he said. "It's a gathering place for people and just as important, it's a place to have fun!" It's this sense of community and energy that keeps him coming back every week. Cancer-free and with his diabetes under control, Bill has lost 40 pounds and has no plans to stop any time soon. This is just one of many examples of how the Y is improving the health and well-being of people in our community by providing the support and encouragement for the young and young at heart.

THE FEED

You're always there for us when we need your support. How have we been there for you?



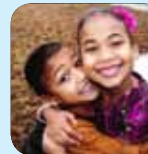
Leandra Argo "Just wanted to say how great it was this morning to be back at MY "Y" yes I said my Y! Funny how we all love the Y so much that we feel it's our little rock!"



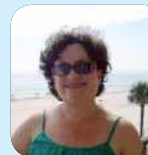
Jill Carroll "My sister, who is developmentally delayed, has been with me for a few weeks. We used to go to the Y together back in the '80s. She loved it. Well, she loves it again! At 55, she's thrilled to be back in the Y community!"



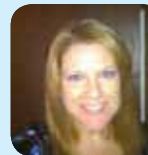
Kathleen Hardy "The Y helped my son find confidence, friends and role models. For the first time, he's not afraid to try new things and meet new people."



Priscilla Bennett "The Y has changed my life. I have regained my hope and joy, and my family is healthy for the first time in a long time. My kids love the Y, we have found a whole new community. I thank God for the Y!"



Jacqueline Hager Bodnar "My kids both took swim classes there in June. My daughter fell in love with swimming and joined the swim league. She found a healthy activity that she loves!"



Christina Ulley "The YMCA in Port Orange helped me lose 150 pounds. I am also in love with Tammy's Zumba class and Yana's Belly Dancing class."

See what others are saying, share your Y story, get instant updates. It all starts at

VFYMCA.org



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