



MAY 2022

# MEMBER NEWS

FOR YOUTH DEVELOPMENT • FOR HEALTHY LIVING • FOR SOCIAL RESPONSIBILITY

**DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE**

## WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA ARMED FORCES DAY WITH THE Y



### Armed Forces Day Monument to Monument 5k Run to Glory

On May 21, 2022, the Watertown Family YMCA was out and about in the community to celebrate Armed Forces Day! The morning started off with the Monument to Monument 5k Run to Glory, a 5k and 3k run where both civilians and service members ran side by side through Thompson Park!

The Top Overall Male was Peter Harvill, 20, with a time of 18 minutes and 22 seconds. The Top Overall Female was Andrea Jensen, 48, with a time of 24 minutes and 51 seconds.

Along Washington Street, the YMCA SACC children and staff marched in the parade, donning their best tie-dye shirts, and gave a grand cheer! The YMCA Blue Sharks Swim Team also joined in the march. SACC won first place in the community groups section, thanks to the great staff and lively kids. Great job to all participants, volunteers, staff, and kids in representing the Y this weekend!



**Flag Bearer Retired Army Sgt. 1st Class William Van Orman, Veteran Engagement Coordinator for the Fort Drum Chapter of Team RWB**



**Top Overall Male  
Peter Harvill congratulated by  
Mayor Jeffrey Smith**



**YMCA SACC Team marching in the Watertown Armed Forces Day Parade**



## PURPLE UP!

On April 22nd, the Watertown Family YMCA celebrated "Purple Up Day," a day to celebrate and recognize military children and their sacrifices. Leading up to the event, SACC sites learned about the lives of military children, as well as about honor, resiliency, and bravery. Children made dandelion crafts and learned about why the dandelion serves as the official flower of the military child!

The YMCA Staff wore purple, the color that represents all branches of the US military. Y SACC sites celebrated by inviting families to share a special snack with their children. Some sites decorated cookies, while other sites made their own muffins!





# DOWNTOWN • FAIRGROUNDS • SACKETS HARBOR • CARTHAGE

## WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

### PURPLE UP!

THE OFFICIAL FLOWER  
OF THE MILITARY CHILD  
IS THE DANDELION. WHY?

Dandelions put down roots almost anywhere and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the Armed forces... planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Military children are well-rounded, culturally aware, tolerant, and extremely resilient, they have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world.

They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.





## **STAFF PROFILE: GRIFFIN DEFOREST**

Griffin has been working at the Fairgrounds YMCA for 6 years. Since he started working at the YMCA, Griffin has held various roles that impact the lives of children and adults, including an assistant coach, supervision staff, lead coach in soccer programs and camps, and coaching teams in the YMCA soccer league.

Outside the YMCA, Griffin is attending SUNY Empire online for his Bachelor's in Educational Studies, with a concentration in students with exceptionalities. Griffin is also a RTI reading teacher in the Watertown City School District working with grades K-4.

In his free time, Griffin likes hanging out with friends, and family. A die-hard New York Yankees fan, he looks forward to watching the games with his dad. Griffin is also a huge fan of music. He plays guitar and attends jam nights to watch his brother play the drums.

Griffin notes, "The YMCA has taught me a lot, especially in helping me in my goals to become a teacher as well as incorporating the core values that the YMCA promotes. I hope to be at the YMCA for many years to come."



## **STAFF PROFILE: SARAH LIEBERMAN**

Sarah has been working with the YMCA Daycare since 2019. She started as a teacher's Aide in the Toddler room then moved up to the Assistant Teacher position where she completed her CDA degree, and now is the Lead teacher.

Outside of the YMCA, Sarah plans on going back to college to further her career in early childhood education. In Sarah's free time, she loves to be outside and see nature. She loves to draw, paint, and assemble puzzles. Sarah is also a major Disney fan, Stitch being her favorite character!

Sarah states, "The YMCA has been an amazing opportunity for me and has helped me grow not only as a teacher, but as a person too. I hope to continue to further my career and stay with the YMCA family for years to come!"

## **BLOOD PRESSURE SELF MONITORING PROGRAM COMES TO CARTHAGE**

The Watertown Family YMCA Blood Pressure Self-Monitoring Program has expanded to Carthage! We are so excited to be able to offer this quality of life improving program to the community. There is no charge for the program and the first 40 people to sign up will receive a FREE four-month membership to the Carthage YMCA.

Did you know that over 40% of American adults have high blood pressure? High blood pressure is often referred to as the "silent killer" because there are typically no warning signs or symptoms. High blood pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the United States.

The YMCA's Blood Pressure Self-Monitoring program is designed to help adults with hypertension by lowering and managing their blood pressure. The four-month program focuses on regular home self-monitoring of one's blood pressure using proper measuring techniques, one-on-one consultations with a trained Healthy Heart Ambassador, support, and group-based nutrition education for better blood pressure management.

**To learn more about the YMCA health and wellness programs, visit [www.watertownymca.org](http://www.watertownymca.org).**





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## **WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA**

### **MEMBER TESTIMONIAL: JON SOVIE**



John Sovie started going to the Y at age 10 when his parents enrolled him in weekend sports activities. At age 14, John joined the YMCA to weight train.

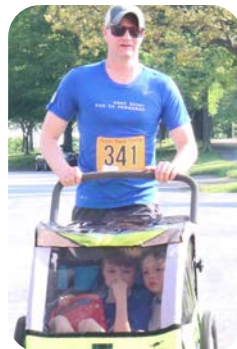
John continues to train heavily and only stopped for 6 months while he was a recruit trooper in the NYSP academy. John notes, "The weight training and exercising at the Y allowed me to remain fit for my job as a trooper"

After retirement, John spent more time at the Y, and was lucky to be able to train at night with his dad until March of 2020.

"I enjoy the friendly staff, many of them becoming my close friends. My dad looked forward to his visits up until he became ill."

*Interested in sharing a testimonial? Send your story and picture(s) to [marketing@nnyymca.org](mailto:marketing@nnyymca.org)!*

### **MORE FUN FROM THE WEEKEND**





## A LOOK BACK

### Y. M. C. A. WINS AWARD

The public relations work of the Y.M.C.A. during the past year has been recognized by the American Public Relations association as one of the most outstanding efforts in this highly competitive field. Symbolic of this achievement the association has awarded the Y.M.C.A. an "Oscar." The award was made for the public relations work of the Y.M.C.A. in its service to prisoners of war.

MAY 1946  
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SPELL  
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WITHOUT A Y!**

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**FREE**  
& Open to  
the Public!

THEN



NOW

30 Years of Celebrating Healthy Kids

Waterstown Family YMCA  
585 Rand Drive  
315.755.9622  
[www.watertownymca.org](http://www.watertownymca.org)

the **Y**

## HEALTHY KIDS DAY®

SATURDAY, JUNE 4TH

**10:00-10:45**  
Super Hero Fun Run Registration\*  
Side parking lot of Fairgrounds YMCA  
\*1st 100 children get a FREE cape & mask

**10:45-11:00**  
Super Hero Fun Run. Rand Drive Hill

**11:00-12:30**  
Healthy Kids Day Events  
Alex Duffy Fairgrounds, Field 4

Sponsors

Every season starts at  
DICK'S SPORTING GOODS

For 30 years, Healthy Kids Day has been where fun and play become lifelong memories. Join us June 4th, for a day of healthy, fun activities that celebrate kids being kids!





## SUMMER PROGRAMMING

<b>Program</b>	<b>Start Date</b>	<b>End Date</b>	<b>Age/Grades</b>	<b>Location</b>
Girl's Volleyball Setters Camp	6/1/2022	6/15/2022	Grades 7-11	Fairgrounds YMCA
Rookie and Youth Track and Field	6/6/2022	6/23/2022	4-11 years	Fairgrounds YMCA
Summer Swim Lessons Session 1	6/7/2022	6/24/2022	6 mos- 18 years	Fairgrounds YMCA
Unity Box Lacrosse	6/14/2022	7/26/2022	12-18 years	Fairgrounds YMCA
Adult Volleyball League	6/20/2022	8/15/2022	18 and up	Fairgrounds YMCA
JV/V Volleyball League	6/23/2022	8/11/2022	Grades 7-12	Fairgrounds YMCA
Soccer Camp Session 1	6/27/2022	7/1/2022	5-12 years	Fairgrounds YMCA
STEM/Sports Camp Session 1	6/27/2022	7/1/2022	5-12 years	Fairgrounds YMCA
WHS Volleyball Clinic	6/27/2022	6/30/2022	Grades 7-12	Fairgrounds YMCA
Beaver River Volleyball Clinic	6/27/2022	6/30/2022	Grades 4-6	Beaver River
Beaver River Volleyball Clinic	6/27/2022	6/30/2022	Grades 7-12	Beaver River
Avalanche Camp Session 1	6/27/2022	7/1/2022	5-15 years	Fairgrounds YMCA
Dance Camp Session 1	6/27/2022	7/1/2022	3-6 years	Fairgrounds YMCA
Dance Camp Session 1	6/27/2022	7/1/2022	6-16 Years	Fairgrounds YMCA
Soccer Clinic Session 1	7/5/2022	7/8/2022	5-12 years	Fairgrounds YMCA
Baseball Camp	7/5/2022	7/30/2022	6-12 years	Fairgrounds YMCA
Sports Variety Camp Session 1	7/5/2022	7/8/2022	5-12 years	Fairgrounds YMCA
Sports Camp Session 1	7/5/2022	7/8/2022	5-12 years	Fairgrounds YMCA
Summer Gymnastics	7/5/2022	8/25/2022	18 mos-18 years	Fairgrounds YMCA
Summer Ninja	7/5/2022	8/25/2022	18 mos-18 years	Fairgrounds YMCA
Summer Dance	7/5/2022	8/20/2022	18 mos-18 years	Fairgrounds YMCA
Summer Swim Lessons Session 2	7/5/2022	7/22/2022	6 mos- 18 years	Fairgrounds YMCA
Adult Soccer League	7/8/2022	8/12/2022	18 and up	Fairgrounds YMCA
Basketball Camp Session 1	7/11/2022	7/15/2022	5-12 years	Fairgrounds YMCA
Rookie Baseball	7/11/2022	8/15/2022	3-9 years	Fairgrounds YMCA
STEM/Sports Camp Session 2	7/11/2022	7/15/2022	5-12 years	Fairgrounds YMCA
Soccer 101	7/11/2022	7/15/2022	5-12 years	Sackets Harbor
July-August Mini Kickers	7/12/2022	8/18/2022	18 mos-3 years	Fairgrounds YMCA
July-August Kicks 4 Kids	7/12/2022	8/18/2022	3-12 years	Fairgrounds YMCA
Soccer 101	7/13/2022	8/17/2022	6-12 years	Fairgrounds YMCA
Sticks 4 Kids	7/13/2022	8/17/2022	3-9 years	Fairgrounds YMCA
Rookie Hoops	7/15/2022	8/19/2022	3-12 years	Fairgrounds YMCA
Basketball Clinic Session 1	7/18/2022	7/22/2022	5-12 years	Fairgrounds YMCA
Battle Camp Session 1	7/18/2022	7/22/2022	5-12 years	Fairgrounds YMCA
STEM/Sports Camp	7/18/2022	7/21/2022	5-12 years	Sackets Harbor
Football Clinic	7/25/2022	7/29/2022	2nd-12th grade	Fairgrounds YMCA
Dance Camp Session 2	7/25/2022	7/29/2022	3-6 years	Fairgrounds YMCA
Battle Games Camp	7/25/2022	7/29/2022	5-12 years	Sackets Harbor
Basketball Camp Session 2	8/1/2022	8/5/2022	5-12 years	Fairgrounds YMCA
STEM/Sports Camp Session 3	8/1/2022	8/5/2022	5-12 years	Fairgrounds YMCA
Sports Variety Camp	8/1/2022	8/5/2022	5-12 years	Sackets Harbor
Sports Camp Session 2	8/2/2022	8/6/2022	5-12 years	Fairgrounds YMCA
Tennis Session 1	8/2/2022	8/13/2022	6-18 years	Thompson Park
Summer Swim Lessons Session 3	8/7/2022	8/19/2022	6 mos-18 years	Fairgrounds YMCA
Soccer Camp Session 2	8/8/2022	8/12/2022	5-12 years	Fairgrounds YMCA
Basketball Clinic Session 2	8/8/2022	8/12/2022	5-12 years	Fairgrounds YMCA
Soccer Clinic Session 2	8/15/2022	8/19/2022	5-12 years	Fairgrounds YMCA
Battle Camp Session 2	8/15/2022	8/19/2022	5-12 years	Fairgrounds YMCA
Fort Drum Summer Rec Session 1	8/15/2022	8/19/2022	School Age	Fairgrounds YMCA
Tennis Session 2	8/16/2022	8/27/2022	6-18 years	Thompson Park
Sports Variety Camp Session 2	8/22/2022	8/26/2022	5-12 years	Fairgrounds YMCA
STEM/Sports Camp Session 4	8/22/2022	8/26/2022	5-12 years	Fairgrounds YMCA
Dance Camp Session 3	8/22/2022	8/26/2022	3-6 years	Fairgrounds YMCA
Dance Camp Session 2	8/22/2022	8/26/2022	6-16 Years	Fairgrounds YMCA
Fort Drum Summer Rec Session 2	8/22/2022	8/26/2022	School Age	Fairgrounds YMCA
Ultimate Camp	8/29/2022	9/1/2022	5-12 years	Fairgrounds YMCA
Avalanche Camp Session 2	8/29/2022	9/2/2022	5-15 years	Fairgrounds YMCA
Lacrosse Camp	8/29/2022	9/1/2022	5-12 years	Fairgrounds YMCA

**To learn more and register for programming, please visit  
[watertownymca.org/programs/summer-programming](http://watertownymca.org/programs/summer-programming)**