



We have a lot of wonderful individual and team Y Associate Shout Outs today. Great work and teamwork everyone!

Rose Burgamy (Regional Group Fitness Coordinator, The Y in Pasadena)

Rose is an Energizer Bunny who is ALWAYS there for us as a group instructor team. Whether she is coordinating the quarterly Les Mills launches, helping us with equipment, helping us with stereo or tech questions, helping us find a sub in a pinch - we can count on her 100%. I've taught at several places in the past, and in her role, Rose stands tall above the rest. Rose's outstanding support enables us as instructors to provide the best member experience in group fitness classes! Thank you, Rose! (Submitted by Sue Sawyer)

Jack Farias (Lifeguard, The Y in Catonsville)

Jack is very personable, diligent about ensuring that the lane dividers are always moved on time, and exhibits a strong sense on security when he is on duty. (Submitted by Dana Jones)

Yasmine Henderson (Site Program Specialist, Y Mentoring)

When Yasmine started her experience at the Y she seemed to lack self-confidence. She was very quiet, but she gradually grew into a beautiful butterfly. Yasmine is doing great things in her programs. She recently organized a recruitment/interview event at Whiting-Turner. Yasmine exudes confidence now! (Submitted by Sharyl Smith)

Lindsay Myers (Fitness Director, The Harry & Jeanette Weinberg Y in Waverly)

We had an unexpected closure at the Weinberg Y on October 7th, and when we reopened, the lifeguard had gone home, and had to be recalled. We also had a lap lane rental that day, from 3:30-4:45 pm. Lindsay Myers volunteered to step up as lifeguard, so the swim team that had rented two lanes for the day could complete its practice. This is just the most recent time she has stepped up to help, outside of her area; she is always available to help, and I appreciate it! (Submitted by Nola Krosch)

Roberta Caggiano, Bernadette Green, Tracy Hall and Alysha Lea, Group Exercise Instructors, The Y Swim Center in Randallstown)

These ladies are covering eight different classes on a continual basis from November to the end of the year for an associate who will be out for medical reasons, giving her the time and space to heal and take care of herself. One team, one Y! (Submitted by Heidi Walter)

The Membership Team at The Hill Y in Westminster

The entire membership team at the Hill Y in Westminster has done an AMAZING job during the September promotion! Taking extra steps with engagement, tours, phone calls and additional job tasks! A busy month with lots of positive happenings! Thanks to all of you! (Submitted by Karen Farley)

The Associate Team at The Y in Catonsville

This is part of what a member said about this team in an email to me:

"About a year ago, I relocated to Baltimore. As the pandemic restrictions started to lift, I began looking at facilities to use for swim training and was so thankful to find the Y in Catonsville. In the past year, I have swam countless miles in the Catonsville Y pool. There have been plenty of days that I have walked into that facility feeling beat up and demoralized, fighting the urge to quit. And on every one of those days, I was greeted by smiling faces and happy hellos from your associates. Such a simple gesture but one that kept me going when things were rough. And on those unfortunate days when the pool had to be closed, the team helped me figure out other options. Always helpful, always courteous.

I doubt that any of your associates know who I am much less know what I have been training for. I was just another member coming in to work out. But to me, every member of your team is special because without them I would not have the honor today of being called an Ironman.

So to every single member of your team...the folks who keep the facility clean and in good working order; the lifeguards who keep all us swimmers safe; every associate who greeted me with a happy smile every day, and the leadership who make everything happen, I offer each and every one of them a very sincere thank you. Your collective hard work and dedication made it possible to do something I once thought impossible.

With very warm regards, TJ" (Submitted by Becky DeFebo)

If you have a colleague you'd like to "Shout Out," just fill out the nomination form linked here: [Y Associate Shout Out Nomination](#)

Thanks!

All the best,

A handwritten signature in black ink, appearing to read 'JH', is placed over a light gray rectangular background.

John K. Hoey
President & CEO