



We have several great Y Associate Shout Out to get 2023 started. Enjoy!

Kim Benson (Swim Instructor, The Walter & Betty Ward Y in Abingdon)

Kim started her Y journey as a member, as many do, before she became a swim instructor. Despite coming in with little knowledge of teaching and fitness, she pushed all nervousness and anxiety aside to be coached into teaching. She maintains an interest in furthering her knowledge, but at a time of transition, remained steadfast in getting through uncharted waters (pun intended) to attain the status of swim instructor. She is also not afraid to try to new swim classes that are very different from her own, so I salute her bravery in the face of that very human challenge! (Submitted by Dr. Val Collins)

Eugene Lloyd (Operations Director, The Walter & Betty Ward Y in Abingdon)

Eugene has demonstrated his master leadership skills across so many areas of the Y's programming and services. His ability to coach teams, communicate to instructors, and even attend to facilities issues is impressive. Eugene has been a speaker/presenter on various topics at a number of conferences over the years, but yet he continues to develop and hone his craft in so many ways. (Submitted by Dr. Val Collins)

Sasha Batts, Jess Chiaramonte, Paige Coressel, Donald Eaddy, Lauren Hughes-Holt, Trish McFadden, Mary McGeady, Christan Morley, Heather Naviasky, Ikeia Prince, Connie Schyan-Cusato (Various Roles in School Partnerships, Head Start, Youth Development, and the Association Office)

I can't thank this team enough for stepping in and lending a hand during the madness that is Y Giving Tree!! So many kiddos and families woke up to a brighter holiday thanks to all you did to make this happen! (Submitted by Shannon Kowal)

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 be 'JH' or 'John', written over a light gray rectangular background.

John K. Hoey
President & CEO