



We have lots of wonderful Y Associate Shout Outs today. These are great stories about pitching in, reaching out, showing initiative, being a great colleague, and going the extra mile: all of which are hallmarks of Y associates and our organizational culture.

Braeden Cauffman (Lifeguard, The Y in Pasadena)

Braeden has a great work ethic. He is the only guard that consistently comes in on time in the morning and is ready for work! On those occasions when the opening guard has not shown up, Braeden comes in at 5 am when the Y and the pool opens and gets right to work so that the members waiting to swim do not have to wait to start their workout. He is a great asset to the Y!! (Submitted by Carrie Petersen)

Robert Isaac (Custodian, The Greater Annapolis Y in Arnold)

I'm continually inspired by Robert's consistent hard work and dedication. He's always moving and doing something. It's not an easy task cleaning up at the Y, especially a large center like the Greater Annapolis Y. I really appreciate his hard work once he has left for the day, and things get busy again. Thankfully, when I come in the next morning I know he's back working hard. There are some days where I have to get motivated to come in, and it's people like Robert who encourage me to not give up when things become a little difficult. (Submitted by Karlee Hargrove)

Brian Lambert (Fitness Coach, The Y in Parkville)

Brian does above and beyond in his work. He recently came in during one of his days off to help out as we had many walk-in Kid's Cardio and Fitquest appointments. He is also great handyman as well! He fixes everything from a broken water fountain to any machine you can think of. He even fills in at the greeter desk without missing a beat whenever the front desk is swamped. Thank you Brian! (Submitted by Jason Wong)

Madeline O'Connell (Family Center Operations Associate, The Orokawa Y in Towson)

Madeline is doing amazing work! With helping out other departments and taking on Leader on Duty (LOD) responsibilities, she is a great team player and we are lucky to have her at the Orokawa Y. (Submitted by Owen Davis)

Miceal O'Donnell & his ENTIRE Rockwall team, Rockwall Coordinator & all instructors, Y Family Centers

While doing "Why I like doing Rockwall" interviews, I was struck by the fact that so many of the participants said, unprompted, something along the lines of "it is fun and challenging, mentally and physically" because "they love the community, they feel safe, and they feel welcome,,," or simply "I love the Y!" Miceal and his team are clearly putting our mission and values into action through intentional and genuine Y work!!!! They fill our hearts and spirit!!

THANK YOU ALL FOR WHAT YOU DO EVERYDAY! (Submitted by Zalanka Jones and Kathleen Murphy)

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", written over a light gray rectangular background.

John K. Hoey
President & CEO