

DECEMBER 2010

### WELCOME ABOARD

We welcome two new board members:

**Neil Metzheiser** is an **executive vice president, producer and executive committee member** of **Lockton Companies, LLC**. He is a partner in overseeing Lockton's Atlanta and Southeast operations and focuses on the production and retention of property & casualty and employee benefits insurance business. He has 17 years experience in commercial insurance. He earned his bachelor's degree from Gettysburg College and his M.B.A. from Emory University. Neil and his wife, Nicole, live in Buckhead with their three school-age sons: Phillip, Henry and John.

**David Haight** is **vice president of business development** with **AT&T's emerging devices organization**. David leads the emerging business development team that develops business models to bring new technology to the market and manages strategic partners and industries. He brings more than 20 years of leadership experience in various industries and professions: his first career was as a college football coach. David served on a Y board in Southern California, along with other civic involvement. He received his bachelor's degree from Springfield College and his master's degree from SUNY Albany. He and his wife, Audra, live in Alpharetta with their daughter, Jillyan.

### STRENGTHENING COMMUNITY IS OUR CAUSE

I am delighted **Richard Gerakitis, Troutman Sanders, and Amy Brady, Bank of America**, agreed to co-chair the 2011 Partner With Youth annual campaign. With their leadership, we will help more children realize their potential. We believe lasting personal and social change can only come about when we partner together to **invest in our youth**. Gifts to the Y have a meaningful, enduring impact right in your neighborhood. Your donation helps kids attend Y day camp, sports, swim lessons, and child care. Make an impact in a child's life. Plan now to **donate to the 2011 Partner With Youth annual campaign, and help children reach their potential**.

### Y-CEO GOLF TOURNAMENT BENEFITS TEENS

The 2010 **Y-CEO Heritage Invitational Golf Tournament** was Monday, October 18, at the historic East Lake Golf Club. Eighty-six players enjoyed a day of golf and networking with fellow CEOs and executives from some of Atlanta's most prominent businesses.

I would like to recognize the leadership and commitment of **Steve Hennessy, Hennessy Automobile Companies, and Rick Smith, Equifax**, who co-chaired the tournament the past two years. They have helped to make this tournament Atlanta's premier friendraising and fundraising event. This year's event raised a record \$239,000 for the **Guy Millner Teen Legacy Fund which directly supports teen leadership development, mentoring and career planning** programs in the East Lake community and at other local Ys. Since its inception in 1985, the tournament has contributed more than \$5 million to the fund.

Next year's tournament is Monday, October 17, 2011, under the leadership of co-chairs **Paul Shailendra, Shailendra Group, and R. Scott Taylor Jr., Carter**. Contact Jennifer Lancaster at [jenniferl@ymcaatlanta.org](mailto:jenniferl@ymcaatlanta.org) for Y-CEO registration information.

## THE Y IS FOR HEALTHY LIVING

The YMCA of Metro Atlanta is participating in an **innovative program to reduce the burden of diabetes**, one of the nation's costliest chronic diseases. One in 10 U.S. adults has diabetes and prevalence is expected to rise sharply in the next 40 years. The Y is working with the **Centers for Disease Control and Prevention** and **UnitedHealth Group**. Research shows that with lifestyle changes and modest weight reduction, most people with prediabetes can prevent or delay the onset of type 2 diabetes.

The Y's diabetes prevention program is designed for people with a Body Mass Index over 24 and who are at risk of developing type 2 diabetes. The program, which begins in January, combines weight loss, physical activity and coaching for healthy eating and problem solving. Sixteen one-hour sessions and monthly follow-ups help participants lose weight and make lifestyle adjustments.

## END-OF-THE-YEAR REFLECTIONS

We're ending the year with the approval of our **long-range strategic plan, Y-2020**. The planning process reaffirmed that we are called by our mission, united by our cause and defined by our impact. The plan outlines how we will deepen our impact, extend our reach and strengthen our core, and you will hear more about it in the coming months. Special thanks to **Milton Jones Jr., Blue Ridge Holdings**, for guiding us through the process, along with the committee members, advisors and senior leadership staff who were engaged in this project.

**Charlie Yates Jr.** completes his term as **board chairman** at the end of the year, and our Y is a better organization today because of his thoughtful leadership, deep commitment and selfless desire to serve. I've learned a lot from Charlie these past two years, and I value the enduring friendship that developed. Thank you, Charlie. **Joe Arnold, SunTrust Bank**, is our incoming board chairman.

As a Y volunteer, donor, member, or friend, you are **investing in the lives of those who need Y programs and services**, and I thank each of you for your continuing involvement, dedication and service.

As I think of how blessed I am, I include having known **C.F. Bakker** for the past 10 years in those blessings. A **wellness coach at the Buckhead Y**, C.F. helped hundreds, maybe thousands, of members to become healthier, pursue their dreams and live in the moment. C.F. passed away in November after battling liver cancer for three years. Two weeks before his death, members, staff and friends gathered at the Buckhead Y to honor C.F. and to show their love for him. They recalled stories - moments in time - and accomplishments, thanks to C.F.'s character, advice and influence. God heard C.F.'s prayer not to be afraid of dying, and that allowed us to talk, cry, laugh, and remember ... with joy and pain. We celebrate C.F.'s life. Remembering him and talking about him is what keeps C.F. alive in our hearts and minds. And, we honor his memory by following in his strength and wisdom.

This Christmas, speak your love. Speak it again. Seek out a forgotten friend. Write a love letter. Share some treasure. Mend a quarrel. Encourage youth. Keep a promise. Find the time. Listen. Be kind and gentle. Laugh a little. Express your gratitude. Gladden the heart of a child. Forgive. Think first of someone else. Take pleasure in the beauty and wonder of the earth. Reach out to someone to show they are loved. Joy to you this Christmas and throughout the coming year.



**The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.**