



Association Teen Newsletter

Teen Programs at the YMCA of Honolulu

What we do:

At the YMCA of Honolulu, we are dedicated to providing teen programs which challenge Oahu's teens to better themselves, meet new friends, and learn new skills. The 4 major areas that the YMCA of Honolulu teen programs strive to cover are:

- Social
- Service
- Leadership
- Personal Growth

Most of the learning comes through interaction with other teens, doing a variety of different activities.

Some of the activities each branch may hold during the year may consist of: beach, movies, kayaking, hiking, camping, sports, sleepovers, team building, and so much more.

The YMCA of Honolulu's Association Teen Program group is made of volunteers and directors coordinating teen programs at their branches.

This group started meeting a few years ago to support the mutual goals of 1) wanting to

provide experiences that individual branches did not have the resources to do alone, 2) provide training for their staff and volunteers working with teens, and 3) creating opportunities for teens, staff, and volunteers to build relationships between YMCA branches.

Currently, the Central, Kaimuki-Waialae, Kalihi, Nuuanu, and Windward YMCA's participate in this group.

Our teens are building relationships with others across island that they would have never met if they had not participated in our association teen events.

Our hope is that teen programs will grow and flourish by working together and sharing resources.



***Building character...
It is what we do...***

If you want to know more about Teen Programs at the YMCA of Honolulu...

If you would like to know more about Teen Programs in the YMCA of Honolulu, Please contact any of the Association Teen Quality Team members:

- Reina Miyamoto, Chairperson (Email: weedseedy@hotmail.com)
 Wendy Tupper (Email: wtupper@ymcahonolulu.org)
 Noa Hussey (Email: nhussey@ymcahonolulu.org)
 Dave Endo (Email: dendo@ymcahonolulu.org)
 Chad Hiu (Email: chiu@ymcahonolulu.org)

- Phone: 941-3344
 Phone: 261-0808
 Phone: 737-5544
 Phone: 848-2494
 Phone: 541-5261

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Highlights from Kalihi YMCA

Assoc. Teen Programs:

- Teen Volleyball Leagues
- Pacific Region Conference
- Youth Legislature
- International Exchange (Let's Get Together)
- Teen Summit
- Association Camp

These are some examples of different programs and activities which involve teens from most YMCA's across the island of Oahu.

Through these "Association" events and programs, teens can interact with other young people from across the island, the state, the nation, and even from other countries around the world.

Who works with teens??

Depending on the type of program each branch is running, teen programs are sometimes staffed by volunteers, though some teen programs such as the Outreach and Treatment programs at Kalihi YMCA, which are conducted by paid staff.

Additionally, the Middle School programming done by the Kaimuki &

Nu'uauu YMCA's are run primarily by paid staff. The YMCA of Honolulu has a combined sum of about 18-24 adults who consistently volunteer their time to empower, inspire and guide our island's teens.

If you are interested in volunteering, please contact any branch director.



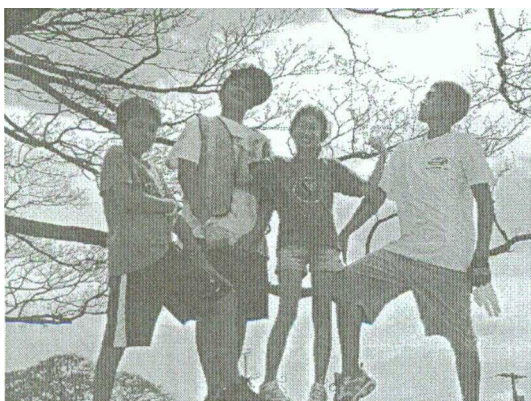
The YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

This is the base for everything we do at the YMCA.

Of course FUN is in there too...

you just have to interpret it correctly!



Presenting: Association Teen Events"

By: Reho Miyamofa/ Quality Team Chairperson

A variety of association events have been developed to appeal to different segments or populations of teens, and therefore supporting the group's overall goals.

In the spring, a 3-day, 2-night tent camping experience is offered where teens are in groups with others their own age from different YMCA branches - each group goes

through cooperative activities and some friendly competition.

In the fall, the group coordinates the "Teen Summit," also an event where teens are grouped with others close to their age from different YMCA's - group work experiences are different from the spring camp. This event is held at the Nu'uauu

YMCA, allowing for indoor and outdoor activities, including a session on money management, a balloon launching competition, and a teppanyaki dinner (Japanese meal where you cook your own food on a flat grill).

The group also offers a volleyball league during the fall, allowing for friendly competition and fellowship.



YMCA Hawaii State Youth Legislature

Youth Legislature is a mock Legislative program which starts with training in August and culminates with the State Session, which happens during Spring Break

Teens learn about:

- The legislative process
- How to write a bill
- Public speaking
- Parliamentary procedure
- Debating Skills
- Interpersonal Skills
- And much more!

This program has been going on for over 50 years. Traditionally held at the Pagoda Hotel, teens also experience being away from home and their parents for the entire week while debating the issues of our state.

Everyday is a combination of Legislative session times and social events. A great event for teens looking to interact with other teens while discussing important issues.

Also available: **Capitol Corps Program** for **7th — 11th graders...**

Contact Dave Endo, State Director for info.

Kalihi YMCA Teen Programs on an "Upswing"^{fi}

By: Dave Endo, Kalihi YMCA Field Supervisor

Beginning with the Teen Summit back in early September 2006, the Kalihi YMCA Teen Program has been on an upswing in involving teens in a variety of program options with the YMCA.

- Leeward and Kalihi teens participated in a community clean-up on September 16 where teens did a massive graffiti paint-out in the Wai-pahu community.

- Leeward and Kalihi Teen Carwash at Kalihi YMCA on September 30, 2006
- Leeward and Kalihi Teens involved in Beach Clean up at Kahala Beach on October 28, 2006
- Kalihi and Leeward Teens sponsor another car-wash at Kalihi YMCA on November 5, 2006.
- On November 18, 2006, 50+ Leeward and Kalihi

YMCA teens participated in the Positive Choices Event at Zanzabar Night Club in Wai-kiki.

- Leeward YMCA Devoted Motions Dance Leadership Group made their debut at this event and performed to the crowd at Zanzabar. The success of this group is the result of the hard work of Rodel Alano, Silvia Frederick and Deseree Palilio, Kalihi YMCA Staff members.



YMCA of Honolulu Hosts First Teen Summit

The YMCA of Honolulu hosted approximately 60 teens at the first "Teen Summit" in the Fall of 2006. The Teen Summit was an attempt by the YMCA to unite teens from across the island around a common thread of leadership development, personal growth, and of course... FUN!!

Teens were broken down into grade-specific groups, each with a volunteer advisor, who led them through a wide variety of activities such as money management workshops, group challenge activities, activity planning, group facilitation, and cooking.

A leadership "track" was also available for teens who currently serve in leadership roles in their respective programs at their home branch. We hope to continue this "totally awesome" event in the coming years.