

# CYO today

Issue 4, Number 1 Fall 2008



see you

# NEXT SUMMER!

## INSIDE

CYO Summer Camp 2008 p2

Summer Volleyball Camps p5

50th Annual CYO Golf Day p6

**SUMMER 2008** was spent among the towering redwoods of West Sonoma County where staff and campers enjoyed the hot sun, cool evenings, and endless fun that radiated through CYO Summer Camp. Our seven-day traditional camps, for participants entering 3rd-9th grades, focused on cultivating friendships, personal values, and outdoor skills. Campers and counselors were busy from sun-up to well beyond sun-down when they finally hit the pillow to recharge for the next day. Highlights from this summer included Wildwood's weekly excursion to canoe the Russian River, Free-Earth's Pirate Day, the mud-filled ga-ga pit, campfires, sleeping under the stars, and endless songs. An exciting aspect of each day was the afternoon electives. During this time campers had the opportunity to select an activity of their choice from a variety of different programs offered by counselors. Selections included aquatics, arts and crafts, land sports or nature activities.



**CYO SUMMER CAMP** also introduced its first Teen Leadership Camp. For many campers the pinnacle of the week was an overnight backpacking trip from Pomo Environmental Camp to Shell Beach in the Sonoma Coast State Park. While there, everyone had the opportunity to take an optional trek to Red Hill to watch an incredible sunset over the mouth of the Russian River and the Pacific Ocean.



**CASEY FARRELL**

Known as "Capo" around Camp, Casey is CYO Summer Camp's Waterfront Specialist and Field Trip Coordinator. When he isn't lifeguarding at the pool or Lake George, Casey supervises the aquatics staff, plans canoe trips to the Russian River and teaches campers the art of disc golf. A Minnesota native, Casey "enjoys working with youth in an amazing environment—in California's beautiful weather and among the redwoods." He's also an instructor for CYO Camp's Outdoor Environmental Education & Leadership Program.

## CYO SUMMER CAMP

Nearly ten years after attending CYO Camp as a 6th grader, Lizzi returned this summer to share her love of the arts and the outdoors with campers. She taught dance and theater workshops, and her friendly personality motivated campers and staff alike. Lizzi also shared a special connection with our youngest campers, making their cabins feel like home. Her passion for working with youth inspired her to pursue a Masters of Education at St. Mary's College in Moraga.

**LIZZI JOHNSON**





Looking to the summer of **2009**, CYO Camp is excited to expand our Teen Leadership Camp to a ten-day session that will focus on exploration and adventure. Participants between the ages of 13-16 will have the opportunity to explore the backcountry of California's Lost Coast, traverse whitewater rapids or learn to cook on an open fire. More details will be coming in the next few weeks, so lace up your hiking boots and get ready for an incredible adventure! We look forward to seeing everyone soon!

## 2008 STAFF ROCKS!



A native of the UK and student at Bath Spa University, Meghan was a first-time counselor at CYO Camp this summer. Her bright smile and nurturing personality quickly made her a favored counselor among younger campers. She says, "CYO Camp is now my second home, and I can't wait to come back. The experience meant so much to me—I feel like even though I was the children's counselor, they taught me just as much as I taught them."

**MEGHAN PARKER**

After serving at CYO Camp as a cabin leader in 2004, Vince Silvestri became a counselor in 2005 and has returned every summer since. He says, "I come back every year because I love the job. I really believe we have a positive impact on each camper's life, and I want to be a part of that." Currently studying English at Chico State University, Vince continually brings new experience that improves camp programs.



**VINCE SILVESTRI**

## FROM JIM



**Jim Willford**  
*CYO Camp Executive Director*

### SUMMER CAMP REGISTRATION BEGINS JAN. 15, 2009

Mark those calendars and start planning for your camp adventure next summer. Openings for all sessions will fill up fast and specialty camp spaces and sessions are limited. Log on to [www.cyocamp.org](http://www.cyocamp.org) and check out the summer program dates and register. See you next summer!

— Nacho & Woop

### CYO CAMP DISCOUNTS!

*Session One is only \$600.*

*Bring a friend and get \$25 off each registration.*

### SIBLING DISCOUNT

*First camper enrolls at full fee and you save 10% on all additional family members.*

**SUMMER 2008** at camp was fabulous! This summer marked our 62nd year at CYO Camp in Occidental, California. The leadership provided by our Associate Director, **Rick Garcia**, and our Outdoor Environmental Education Director, **Sarah Benrath**, along with our dedicated staff of 45 counselors and specialists brought even more excitement and fun to our program.

**SUMMER 2008** also brought several changes to our programs, which were implemented to provide the best camp experience for youth and teens.

For the first time, we held separate camp sessions for our youth and teen campers. This allowed us to tailor camp programs to be developmentally appropriate for campers, which better served all in attendance. Our staff applied their skills and creativity to plan effective and lively activities for specific age groups—and the electives were a hit with campers! Art, dance, drama, sports, early morning swim lessons, nature exploration and organic gardening were among the electives offered.

Another change to camp this year was a decrease in length of camp sessions to seven days. This minor change was made for several reasons, but namely to reinforce the safety and quality of the camp experience for our campers. In my nine years as a camp director, I have found that children have the most energy and enthusiasm in the first seven days at camp.

The economy also played a role in this decision as the costs for transportation, utilities, food and general upkeep of our facility has increased, and we had to find a balance in the cost of camp and our expenses. We heard from parents and campers who were initially disappointed in the shorter summer sessions, however planning for next summer is underway and we are looking at

creating opportunities for older campers to extend their sessions while incorporating a variety of adventure components.

CYO Camp also went through the accreditation process this past summer for the **American Camp Association**, the premier association that sets the 'best practices' for camp operations across the country. Two trained camp professionals visited our site to observe our program, meet with our campers and staff and review our policies and procedures. Camp was evaluated on over 200 standards and applications for our facility, food service, health service, operational procedures, human resources policies, program design and safety, aquatics and challenge programs. This extensive review is held every three years with annual renewals—and I am proud to announce that we received an almost perfect score!

I also want to thank **The Guardsmen**, the many foundations and individuals who, on their own or through CYO Golf Day, have provided funds for our scholarship program. Without their generosity, many campers would not be able to come to summer camp, build new friendships and have experiences that create memories for a lifetime.

**SUMMER 2009** is shaping up to be just as exciting as 2008! We are in planning mode now, with our goal always to enhance the camp experience from previous summers while continuing to build on the foundation of the CYO Camp mission and traditions from the past 62 years.

**We are excited about our 63rd annual summer camp offerings and hope that you will be a part of it. Watch our website at [www.cyocamp.org](http://www.cyocamp.org) for program updates, open house weekends and registration information.**





# SUMMER VOLLEYBALL CAMPS

In collaboration with San Francisco Juniors Volleyball Club, CYO Athletics offered volleyball camps for 3rd–8th grade girls this summer. Three separate week-long camps were offered with half and full day options available. Within each camp, the groups were broken up onto two courts, based on skill level and grade.

“CYO Athletics’ main goal was to provide high level volleyball camps to the community because the popularity of the sport is growing among young girls,” said CYO Athletics Director Courtney Johnson Clendinen. “Working with SF Juniors, a very reputable volleyball club, was the perfect fit because of our similar missions.”

The mission of SF Juniors is to promote and develop the sport of volleyball and to support parents in guiding each member to become the best person they can be.

This summer camp offered a quality program at a reasonable

cost—the half day fee was \$105 (or \$125 for late sign-up), and full day fee was \$235.

“As a parent I saw how involved all the coaches were with the kids and I think that each child benefited from that interaction,” said one parent who discovered the camp on the CYO Athletics website and traveled to San Francisco to stay with family for the week of the camp. “My daughter came home sore and tired—which was good because that meant she was really working out. All this has made her a better, more experienced volleyball player. We only wish CYO Athletics had a volleyball camp closer to us in Sacramento!”

Building on the success of serving over 150 girls this past summer, CYO Athletics will offer more camps specific to varying skill levels in summer 2009. Visit [cyo.cccyo.org](http://cyo.cccyo.org) in January for exact dates and times of these camps.



This annual dinner recognizes individuals who have made an extraordinary impact on the community, provided a legacy of leadership and have championed the virtues and values of CYO Athletics.

2008 honorees inducted into the CYO Athletics Hall of Fame were longtime CYO Official **Ben Legere**, former CYO player and legendary coach **Bob Drucker**, who represents three generations of CYO Athletes, and SFFD Chief **Joanne Hayes-White**, who, in 1974, was a part of the first generation of CYO female participation as we know it today.

Join honorary Chair **Walter Shorenstein**, 1994 CYO Service to Youth recipient and emcee **Bob Sarlatte** for the 2nd Annual CYO Hall of Fame Awards Dinner on January 23, 2009 as **Tim Curran**, **Frank Finnegan** and **Barbara Foy** are inducted into the CYO Athletics Hall of Fame.

Curran is a former CYO athlete, founding co-chair of the CYO Hall of Fame and a CYO Athletics Advisory Board member. Through his 40 years of coaching,

Tim has touched the lives of hundreds of young people and has instilled in his players the values of leadership, commitment and teamwork.

Finnegan coached boys and girls basketball for 50 years. He has also acted as a friend, mentor, role model and surrogate father to many children of St. Emydius—many of whom might have chosen the wrong path had it not been for his commitment and love of the program.

Foy made an indelible mark as the Athletic and Gym Director at Mission Dolores, a CYO Athletics Advisory Board member, “team mom” and most recently as the current Advisory Board’s Basketball Chairperson. Her commitment and steadfast support of the program has positively impacted the lives of many youth.

**Join us Friday, January 23, 2009 at 6:30 at the Father O’Reilly Catholic Charities CYO Center at St. Emydius Gym in San Francisco.**



HONORARY CHAIR  
**WALTER SHORENSTEIN**

A world business leader and passionate lifelong San Francisco sports advocate, he has graciously agreed to be the Honorary Chair of the 2009 CYO Athletics Hall of Fame Dinner. Mr. Shorenstein received the CYO Service to Youth Award in 1994.

**HALL OF FAME DINNER RESERVATIONS @ [CYO.CCCYO.ORG](http://CYO.CCCYO.ORG)**

# CYO GOLF DAY

## 50<sup>th</sup> Annual

CYO Golf Day began in 1959 with a nucleus of ten men meeting at **Tom Maroney's** house. **Monsignor Peter Armstrong**, prompted by **Monsignor Michael Fitzsimon**, decided to put their interest and love of golf to good use. Together they organized the first, and now longest running, charitable golf tournament in the Bay Area.

For over 50 years, the CYO Golf Day Committee has been a dedicated group of volunteers who work tirelessly to make this event bigger and better each year.

Over the past two decades, there has been wonderful support and attendance by many of the San Francisco 49ers, including such greats as **Joe Montana**, **Ronnie Lott**, **Dwight Clark** and many others.

In 2008 alone, the event raised over \$292,000 to help youth attend camp on scholarships and to strengthen this well-established program.

Under the leadership of current co-chairs **Bill Ring** and **Jim McCabe**, we'll celebrate the vision of the original group who met at Tom Maroney's home 50 years ago and the dedication of hundreds more men and women in the years since at the 50th Annual CYO Golf Day on Monday, May 4, 2009.

We're looking for past committee members, golfers, sponsors, advertisers and other supporters from years past to join us on this special weekend. Please pass on the word to anyone you know who has been involved with CYO Golf Day to save the date and join us.

For more information, contact Patricia Glasser at 415.972.1233 or [pglasser@cccyo.org](mailto:pglasser@cccyo.org).

**We look forward to celebrating with you on May 4, 2009!**



## CALLING ALL MEMORIES!

Send us your photos, memories, stories, old CYO Golf Day programs, trophies and any other memorabilia you have tucked away.

Help us put together a memory book and display celebrating the past 50 years of CYO Golf Day and CYO Camp.

Items can be returned to you if you're not able to donate to our archives.

For more information, contact Patricia Glasser at 415.972.1233 or [pglasser@cccyo.org](mailto:pglasser@cccyo.org).



# CYO welcomes...

## New Outdoor Environmental Education Coordinator Sarah Benrath

Sarah Benrath, known around camp as "Woop", joined the CYO Camp team in January as the Outdoor Environmental Education Coordinator. Sarah brings a unique combination of experience and exuberant energy to CYO's Outdoor Environmental Education and Summer Camp programs. In her position at CYO Camp, she uses creativity, passion and a variety of teambuilding skills to empower youth through experiential education.

Sarah earned a Bachelor of Arts in Integrative Biology/Human Development from the University of California, Berkeley and a Master of Public Health from Oregon State University. A native of Bend, Oregon, Sarah's passion for the outdoors, adventure camping and sports combined with her knowledge of positive youth development and her experience building and implementing youth programs at Oregon State University led her to the field of outdoor education.



## CALENDAR january

23.....

2nd Annual CYO Athletics Hall of Fame Induction Dinner  
Father O'Reilly Catholic Charities CYO Center at St. Emydius Gym  
Details on page 5  
Info: 415.972.1213 / [cyo.cccyo.org](http://cyo.cccyo.org)

## february

28.....

CYO Camp will host its inaugural Wilderness First Aid (WFA) class. This sixteen hour hands-on introduction to wilderness medicine will teach safety, positive decision-making, patient assessment, proper communication and leadership skills.  
Info: 707.874.0208 / [camp.cccyo.org](http://camp.cccyo.org)

## april

18.....

Summer Camp and Community Open House  
Info: 707.874.0200

## may

5.....

50<sup>th</sup> Annual CYO Golf Day  
Sharon Heights Golf and Country Club & Stanford University Golf Course, Palo Alto  
Details on page 6  
Info: 415.972.1233 / [www.cyogolfdays.org](http://www.cyogolfdays.org)

## CYO CAMP YOUTH LEADERSHIP PROGRAM

This fall, CYO Camp introduces an innovative new program to address the growing need for positive youth leaders in our community. In addition to our Outdoor Environmental Education program for 5th-8th grade students, we're also offering a youth leadership program for 7th and 8th graders called CYO Camp Youth Leadership Program. This three-day program is based on our belief that people are not born as leaders, rather they grow into the role.

To enable this growth, we foster an attitude of stewardship, community and confidence among students in CYO Camp's Youth Leadership Program. The curriculum includes goal setting, practicing good decision making skills and teambuilding and aims to help students understand how their words and actions can affect their school community. Throughout the experience, facilitators pose questions to compel students to think critically about themselves and identify ways they can have a positive impact and make their school a better place.

A unique aspect of our program is the Challenge Course where participants experience teamwork and personal growth through a graduated series of challenging activities in an atmosphere of trust, support, and encouragement. During their half-day at the course, students practice creative thinking, cooperation, and open communication, and form tangible ways to accomplish the goals they set earlier in the week. **Sister Mary Susanna Vasquez** of St. James School in San Francisco "loved the Challenge Course because it provided the opportunity for a student to grow as a person and also as a member of their student community."

Everyone at CYO Camp is excited about the new program and the positive results we've seen among the students who have participated this fall. We are currently booking schools for the Spring of 2009 and the 2009-2010 school year.

More info: 707.874.0200

*Photos in this issue are by Brandon Baker, Sarah Benrath and Courtney Clendinen. Historical images are provided courtesy of the Archives of the Archdiocese of San Francisco.*



VISIT OUR  
NEW WEBSITE!

[transportation.cccyo.org](http://transportation.cccyo.org)

When you choose **CYO Transportation** over other bus companies, you are helping Catholic Charities CYO help people in need.

## CATHOLIC CHARITIES CYO PROGRAMS

### **San Francisco County** *Family & Children's Services*

Adoption Information and Referral • Children's Village Child Development Center • CYO Athletics – San Francisco • Homelessness Prevention Programs • Refugee and Immigrant Services • Mission Day Care • Rita da Cascia • San Francisco Counseling Services • San Francisco Boys' and Girls' Homes • St. Joseph's Family Center • Treasure Island Supportive Housing  
*Senior Services* Alzheimer's Day Care Resource Center • Geriatric Care Management • OMI Senior Center • San Francisco Adult Day Services  
*Assisted Housing and Health Services* Assisted Housing and Health Programs • Derek Silva Community • Leland House • Peter Claver Community  
**Marin County** *Family & Children's Services* Canal Family Support Program • CYO Athletics – Marin • Marin County Counseling Services • St. Vincent's Foster Family Agency • St. Vincent's School For Boys  
**San Mateo County** *Family & Children's Services* San Mateo County Counseling *Senior Services* San Carlos Adult Day Services  
**Archdiocese-wide** CYO Outdoor Environmental Education • CYO Retreat Center • CYO Summer Camp • CYO Transportation



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