

COMMUNITY HEALTH

October 2013

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE FOR HEALTHY LIVING

INSPIRING CREATIVITY AND SELF-EXPRESSION

"The idea of music as a passion AND a power really hit me."

Helping kids, parents, and seniors discover the benefit of the arts

So music, dance, theater, literature, and fine art can continue to enhance Island culture.

There's a posting that's been popping up on Facebook recently. It goes like this: "When Winston Churchill was asked to cut art funding in favor of the war effort, he simply replied, 'then what are we fighting for?' Subsequently, word went around that he actually didn't say that, but the sentiment is spot on. October is National Arts and Humanities Month and the YMCA on Martha's Vineyard recognizes the importance of including the arts in our curriculum. While many consider education in the arts and humanities expendable, we realize its importance in raising smart, engaged, and well-rounded kids. Art builds us up. It heals. It improves academic performance. It makes for stronger communities and enhances the economy of the Island.

A study, "Learning, Arts and the Brain," was released in 2008 in which cognitive neuroscientists from seven universities (under the umbrella Dana Arts and Cognition Consortium) researched the effects of art on academic performance. They concluded that children motivated in the arts develop attention skills and memory retrieval that also apply to other subject areas. Additionally, Lois Hetland and Ellen Winner, in their book "Studio Thinking: The Real Benefits of Visual Arts Education," found that students in art classes learn a whole spectrum of mental habits (persistence, expression, observation, innovation, etc.) not emphasized in other classes.

ARTS AT THE Y

Many of the Island's future fine artists, actors, dancers, writers, and musicians are spending time at the Y. Whether or not our junior Y members eventually "go pro," (and it's not out of the question) we understand how the arts can shape a young life. Recognizing the importance of the arts on our younger community, the Y incorporates a commitment to arts education in a variety of our programs.

Our **SOAR** Afterschool Program includes weekly crafts, and a whole month focused on the arts, inspiring kids to get creative with puppetry, drama, and arts and crafts projects.

The **FUSION** program received a grant from the Y-USA for a "tween arts" pilot program. Supported by funds from The Wallace Foundation,

the Y-USA awarded grants of \$2,000 each to 10 Ys around the country to utilize research findings, tools and assessments to support development of arts programs to engage low-income tweens (5th grade through 8th grade).

Our **FUSION** Middle School Program, offered free to all Y members, takes place in the wildly decorated lower level of the Y's facility. Dylan Spencer Kenney, who has an extensive art background, leads students in many creative projects, including duct tape art, jewelry making, splatter paint, and so much more!

DANCE WITH THE YARD is a collaboration between the Y and Chilmark's The Yard to offer children classes in modern, ballet, and creative movement.

Advanced classes are also offered. Taught by the Yard's own choreographer-dance educator, Jesse Keller, the program offers students fundamentals of modern, ballet, and creative dance. An end of session performance is held at Alex's Place and the Yard.

ALEX'S PLACE offers teens experiences in music performance and production, interview, editing, and writing skills, poetry performance, and film and animation study. In August, twelve students between the ages of 13 and 18 participated in the Adrenaline Music Project (AMP), a 5-day intensive workshop focused on helping teens discover if a career in the music industry is for them. By working directly with industry professionals to fine tune performance and presentation skills, students were given the tools to find their unique artistic rhythm while gaining an understanding of how to start and grow a successful career in the music industry. "The idea of music as a passion AND a power really hit me. The people who need the music, and how we [musicians] need them just as much, if not more, than they need us." - Nate D'Angelo, participant.

This fall, teens will also have the opportunity to participate in Alex's newest initiatives - an online magazine and an online radio station. Also offered are workshops in DJing and sound production, an Anime club, and the very successful Studio 57 Music Recording Studio. Teen concerts, dances, and open stages, including a poetry open stage, are always on the calendar.

The **COMMUNITY** is invited to express their artistic talents at our Open Stage, held the first Friday of every month at Alex's Place. Studio 57 is also open for the community to use for recording.

To find out more about how the Y is engaging our community in the arts, visit us online at www.ymcamv.org.

SHARING OUR STORIES

"I've learned exactly what I hoped for coming into the program, but I am walking away with so much more... the prospect of valuing what you have at all times, and taking your chances whenever one comes up. [The program] has changed my view on the possible future of my music experience more than I could've ever imagined!" Liam Weiland, AMP student



Ralph Jaccodine, veteran Artist Rep and Record Label Executive, and Guitarist/Singer/Songwriter Shun Ng were among several mentors of the AMP program.

UPCOMING ACTIVITIES

Fall Session II Program Dates:
October 28 - December 14

- Every Sat: Theater of the Mind 1-3pm @ Alex's Place, All ages. Elder admission 25 cents
- 10/4: First Friday Community Open Stage 8pm @ Alex's Place, All ages. \$5
- 10/5: Parents Night Out 5-8pm Members \$20/child, \$15/sibling, Nonmembers \$25/child, \$20/sibling
- 10/5: Gamer's Delight 7-10pm @ Alex's Place All teens welcome.
- 10/7: Boot Camp Session I Starts 6-7am, 11:30-12:30pm
- 10/7: Humaniteen Organizational Meeting 3pm @ Alex's Place
- 10/11: Middle School Dance Party 7 - 10 pm, Grades 6-8, \$5
- 10/12: Gamer's Delight 7-10pm @ Alex's Place All teens welcome.
- 10/14: Fall Session II Registration opens
- 10/18: Bonito's Race Night 4-5:30pm Everyone welcome to cheer!
- 10/21: Boot Camp Session II Starts 6-7am, 11:30-12:30pm
- 10/23: Nutrition Talk with Josh Levy of Vineyard Nutrition, 5:30-6:30pm Free community event
- 10/26: Makos League Relay Carnival 12-3
- 10/26: Trick - Or - Treat 3-5pm Admission Free for members, \$10 per non-member families
- 10/26: Poetry Open Stage 8pm @ Alex's Place All teens welcome.

For a more info visit www.ymcamv.org!

WHAT DOES THE Y INSPIRE IN OVER 1,000 KIDS? ARTISTIC FREEDOM



YMCA OF MARTHA'S VINEYARD
Swartz Family Facility
Home of Alex's Place

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This edition of Community Health recognizes our partners in creating a healthier community.

