

# COMMUNITY CONNECTION



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHERN DISTRICT YMCA

[www.sdymca.org](http://www.sdymca.org)

A MONTHLY NEWSLETTER ON THE PROGRESS OF THE YMCA EXETER FACILITY

SEPTEMBER 2014

## WHY DO WE NEED A YMCA?

### Because everyone belongs at the Y.

Whatever reason brings you through the door, at the YMCA, you'll feel right at home.



Everyone seeks something different within the four walls of a YMCA facility - fitness, health, connection, encouragement, well-being, volunteer opportunities, friendship, disease prevention, weight-loss, quality of life, and so much more.

As a cause-driven, nonprofit organization, Southern District YMCA is dedicated to making healthy living a reality for all people.

The YMCA has the knowledge, expertise, network and reach to proactively teach and model healthy life style choices. Children will learn the healthy habit of being an active member of society. Adults will find support in reaching their own wellness goals. Seniors will find engagement where their talents can be shared.

This model brings diversity together for a stronger, more vibrant community.

*Continued on back.*

## EXETER AREA YMCA GROUNDBREAKING CELEBRATION



**Tuesday, Sept 16**

**8:30 to 9:30 AM**

**56 Linden Street  
Exeter, NH**

The public is welcome to join Southern District YMCA on Tuesday, September 16 starting at 8:30 AM for the groundbreaking celebration for the new Exeter area YMCA. YMCA board of directors and staff will be joined by:

- Russell Dean, Exeter Town Manager,
- Victoria Arlen, Paralympic Gold and Silver Medalist, and
- Governor Maggie Hassan

as we celebrate a new center where strengthening community begins together.

## PROGRAM HIGHLIGHTS

Learn more at [www.sdymca.org](http://www.sdymca.org)



### A Home School Resource for Parents

YMCA Camp Lincoln works cooperatively with home school groups to provide year-round nature, adventure, and life-skills based programming led by experienced facilitators. Classroom lessons are reinforced through exploration of the outdoors and sharing with others.

## UPCOMING EVENTS

Visit [www.sdymca.org](http://www.sdymca.org) for details

### 14th Annual Highnote Festival

Saturday, September 13

2:00 PM to Dusk

Governor Prescott House  
Epping, NH

Join Southern District YMCA for this fun annual event to benefit the Adam McPhee Memorial Foundation. Activities will include live music, tethered hot air balloon rides and activities for children and adults.

## COMMUNITY VOICES

**Margaret Callahan**  
Principal, Seacoast School of Technology  
Exeter, NH

*"I speak for everyone at the Seacoast School of Technology when I say that that we are thrilled to have the YMCA as a neighbor. The opportunities for collaboration and service learning for SST students will be limitless. The YMCA will be the perfect complement to the other organizations on the Tuck Learning Campus whose missions are all about working with students and community members in order to create wiser, contributing citizens and a strong community."*



**Michael Morgan**  
Superintendent of Schools, SAU 16  
Exeter, NH



*"The YMCA project dovetails beautifully with the initiatives of SAU 16. We support the Y's efforts to construct a new facility 'in our back yard'! The Y will enrich our community and provide increased opportunities for our students, their families, and all of the residents in our area."*

## JIM HUEBNER LEADERSHIP AWARD

**A new scholarship for CITs who exemplify YMCA values**

Earlier this year, a new Junior Counselor-In-Training (CIT) Leadership award was established to memorialize Jim Huebner, a beloved high school teacher and former YMCA camp director who passed away early this year. Local community members made generous donations to fund the scholarship.

With the legacy of Jim Huebner in mind, middle-school candidates submit essays about one of their role models and how they have influenced their life. The award provides a \$500 scholarship to a Junior CIT for their tuition to YMCA Camp Lincoln's CIT leadership program.

### Why do we need a YMCA? *(continued from front.)*

At the YMCA, young people can develop new skills, increase self-esteem, and make new friends while having fun in a safe, nurturing environment. Families can build stronger bonds, achieve greater work-life balance, and become more engaged in their community. People of all ages and all abilities can build a healthier spirit, mind and body.

From toddlers to seniors, triathlete to weekend-warrior, health seeker to just-not-sure-where-to-begin, the Y has a program just for you.

As community volunteer and business owner, Gary Blake, President of Gary Blake Motor Cars and Chair of the YMCA Capital Campaign stated, "The Y will become a great center of community for all ages to learn, grow, and have fun in for many years to come."



### SOUTHERN DISTRICT YMCA LOCATIONS

**Administrative Office**  
24 Front Street / PO Box 925  
Exeter, NH 03833

**YMCA Camp Lincoln**  
67 Ball Road / PO Box 729  
Kingston, NH 03848

**Capital Campaign Office**  
56 Linden Street / PO Box 925  
Exeter, NH 03833

### JOIN OUR LIST



To sign-up to receive this newsletter monthly by email simply scan the QR code or visit [www.sdymca.org](http://www.sdymca.org), 'What's Happening at the Y.'



Find us on Facebook at  
[www.facebook.com/sdymca](http://www.facebook.com/sdymca)

Contact us at [YMCAexeter@sdymca.org](mailto:YMCAexeter@sdymca.org)