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## **FROST VALLEY YMCA**

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# **Frost Valley Summer Camper Wins YMCA Alliance Youth Volunteer of the Year**

**CONTACT:** Amanda Hinski, Chief Marketing Officer

**TEL:** (845) 985-2291 x 383 **EMAIL:** [AHinski@FrostValley.org](mailto:AHinski@FrostValley.org)

CLARYVILLE —The NJ YMCA State Alliance annually hosts an event to highlight YMCA initiatives and recognize those who have shown leadership and support for New Jersey YMCAs in one of Frost Valley's three focus areas: Youth Development, Healthy Living, and Social Responsibility. On Thursday, October 19th, the 17<sup>th</sup> Annual Recognition Celebration took place at the Forsgate Country Club in Jamesburg, NJ.

The evening honored 28 teens who have demonstrated their personal character values by volunteering in a variety of ways to benefit others in their communities through the YMCA. The Alliance celebrated these unsung heroes of local YMCAs who bring the Y's core values of caring, honesty, respect, and responsibility to life through their dedication and energy. Helping young people understand the importance of service to others has always been at the core of the New Jersey YMCA State Alliance mission.

Frost Valley's own Adelaide Barkhorn, of Chatham, NJ, was among those honored that evening with the NJ YMCA Alliance Youth Volunteer of the Year award. During her time in Frost Valley's Adventure-in-Training program (the Adventure Camp's equivalent of a counselor-in-training program), Adelaide assisted at the compost stations, ran creative programming for campers, taught Leave No Trace principles and ethics, and worked with campers in Frost Valley's Mainstreaming at Camp (MAC) program.

Other awards given out that evening included the Social Responsibility Champion, given to Governor Richard J. Codey and Mary Jo Codey for their dedication to giving back and providing support to their neighbors and the Healthy Living Champion, given to Governor Thomas H. Kean for improving the nation's health and well-being.

**Photos and interviews are available upon request.** Please contact Chief Marketing Officer Amanda Hinski at [Ahinski@frostvalley.org](mailto:Ahinski@frostvalley.org).

### **About Frost Valley YMCA**

Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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