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# FROST VALLEY YMCA

**FOR IMMEDIATE RELEASE**

May 1, 2015

## **Frost Valley YMCA Announces "Volunteer Planting of the Gardens Day"**

Spend a day in the garden, learn from Master Gardeners, and give back to the Earth!

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Frost Valley YMCA invites gardening enthusiasts to participate in their **Volunteer Planting of the Gardens Day, on Saturday, May 16, 2015**. During this eco-event, volunteers, alumni, and guests can help plant gardens in Frost Valley's greenhouse and at Frost Valley's Educational Farm.

Gardeners of all stripes — both beginner and experienced — are encouraged to attend. Sullivan County Cooperative Extension Master Gardeners will be on-hand to provide expertise and to ensure seedlings and flora are planted correctly.

"You don't need to have a green thumb to volunteer at this event — we welcome gardeners of all skill levels," says Olivia Lightle, Assistant Director of Program Innovation. "It's a great opportunity to spend a day outside, to learn more about planting from Master Gardeners, and to give back in a way that contributes to a more sustainable Earth."

As a way to thank volunteers, including both first-timers and Frost Valley alumni, participants are welcome to stay overnight at no charge. On Sunday, they may enjoy activities from Frost Valley's weekend family programs, such as hiking, crafts, adventure elements, and more.

**Volunteers who wish to stay overnight must reserve rooms in advance.**

Those who wish to register may call 845-985-2291, ext. 450.

We are happy to provide more information, interviews, and photos of Frost Valley's greenhouse upon request.

### **About Frost Valley YMCA**

Frost Valley YMCA provides people of all ages and abilities with enriching, even life-altering, outdoor experiences. 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. The Frost Valley YMCA mission is to put Judeo/Christian principles into practice through programs that build healthy spirit, mind, and body for all. 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.