

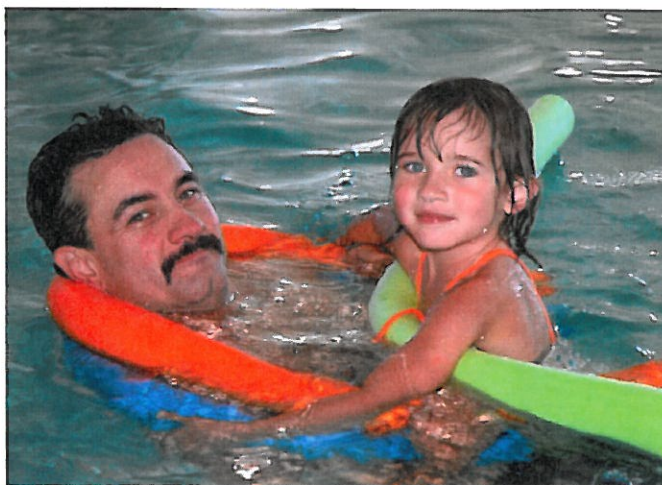


February 2009

www.squamscott.org

**Commons Sense:
Monthly Column in the
Exeter NewsLetter**

Read about The Commons the third Tuesday of every month in "Commons Sense," our column in the *Exeter News-Letter*. Community members will offer perspectives based on their fields of expertise. Learn about The Commons and how it will change our community through a variety of viewpoints and experiences.



"The YMCA values of caring, honesty, respect and responsibility are the measure of a strong community. Bringing a YMCA here will help us reach thousands of children, adults and seniors with programs that have the power to change lives - by helping an adult become more fit, or teaching a child to swim."

Scott Kingsley, Co-Chair of the Southern District YMCA/Camp Lincoln Board of Directors

Participating Agencies

Exeter Center for Creative Arts providing high quality arts education and resources for people of all ages and abilities in the community.

Great Bay Kids' Company providing quality early childhood education and school-age enrichment programs for children.

Richie McFarland Children's Center helping young children reach their full developmental potential and supporting their families

Visit Us at the Winter Farmer's Market

**Saturday, February 7th
10am - 2pm
Exeter Congregational Church**



Tired of winter and its typical winter fare - foods harvested weeks ago in far away places, packaged and shipped across the country or around the world? [Seacoast Eat Local's](#) winter markets offer a welcome respite. Grab a friend and join the festivities as farmers gather with fresh local meats, cheeses, eggs and greens. Stock up on potatoes and carrots, garlic and winter squash, maple syrup, fresh milk and more. The Commons will be hosting a table, presenting up-to-the-minute details about our project and selling beautiful locally designed and handcrafted pendants (pendant proceeds to benefit our community and recreation center project). We look forward to seeing you

through the process.

Rockingham Community Action preventing, reducing and working towards the elimination of poverty by helping people in need.

SeaCare Health Services providing access to medical care for uninsured adults, prescription assistance for low-income families and home visiting & health education services for uninsured children.

Southern District YMCA/Camp Lincoln creating strong kids, strong families and strong communities through the operation of a full service recreational facility for Seacoast residents of all ages and economic capacities.

there!

Why Eat Local?



Eating locally means more money stays within our community and supports our local economy. Farmers receive a greater proportion of the price.



Locally grown food is fresher and more nutritious. Since it doesn't have to be bred for long-distance shipping and rough handling, local produce can fully ripen, making it much more flavorful.



Eating locally reduces second-hand consumption of fossil fuels. The average American meal travels an estimated 1500 miles from farm to plate.



Supporting local agriculture supports responsible land development. When you buy local, you give those with open space - farms and pastures - an economic reason to stay open and undeveloped.

adapted from "10 Reasons to Eat Local Food" Jennifer Maiser, [Eat Local Challenge](#)

Register Now for Exciting Programs at Camp Lincoln YMCA



Southern District YMCA/Camp Lincoln is currently accepting registrations for several exciting programs.

CPR for Babysitters is offered at the Cooperative Middle School in Stratham on February 18, 2009, from 2:30 p.m. until 5:00 p.m. This is open to students ages 12 and older.



February Vacation Ski Trips are open to children 12-15 years old. We'll be hitting the slopes of NH's best mountains every day of February break. Sign up for one day or the whole week.

February Vacation Camp is open for children in grades K-6. We offer fun-filled day-long field trips to great destinations around NH and MA, including the Boston

Children's Museum and Gunstock's Thrill Hill Snow Tubing Park.

Camp Lincoln Summer Day Camp registration is now open for children grades K and older. Come join us on the shores of beautiful Kingston Lake, make new friends and enjoy exciting outdoor adventures!



Camp Gundalow Summer Day Camp registration is now open for children grades K and older. Come enjoy the outdoors and swim in our pool in Greenland, NH during these one week sessions of day camp.

Information and registration forms for all of these programs can be found at the [Camp Lincoln YMCA website](#).

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