



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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FOR IMMEDIATE RELEASE

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YMCA and YWCA Honor Two Decades of Volunteer Service

Princeton, September 1, 2010 – Together the Princeton Family YMCA and YWCA Princeton recognized Princeton resident Meredith Saltiel's years of volunteer service at a picnic held in her honor last week.

"Meredith has been a steady presence at the Y for decades, greeting members at the door with her friendly smile and offering to help when she can," said Kate Bech, CEO of the YMCA. "We wanted to show her how much we appreciate her friendship and dedication," added Judy Hutton, CEO of the YWCA Princeton.



Meredith Saltiel (center) of Princeton was recently honored for her twenty + years of service to the YMCA and YWCA. Pictured with her are Judy Hutton CEO of the YWCA Princeton (left) and Kate Bech, CEO of the Princeton Family YMCA (right).

According to her parents Ira and Rose Saltiel, Meredith grew up at the "Y" where she learned to swim. As a young adult, she became a volunteer for both organizations where she has been helping for more than twenty years. Ms. Saltiel received presentations of an engraved plaque and a handmade quilt at the gathering and was also personally lauded by the many staff members who attended.

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The Princeton Family YMCA is part of a powerful association of men, women, and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the YMCA ensures that every individual have access to the essentials needed to learn, grow, and thrive. Anchored in more than 10,000 neighborhoods around the country, the YMCA has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

For more information about YMCA programs visit www.princetonymca.org or call 609-497-9622 x204.