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**NORTH SUBURBAN
YMCA**
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North Suburban YMCA Annual Meeting Reveals a Window to the Past

Northbrook, IL: October 2018 – Staff members at the North Suburban YMCA uncovered a hidden treasure as they prepared for the Y’s Annual Meeting on October 11. A planned highlight of the meeting was to be the dedication of a time capsule in honor of the Y’s 50th anniversary this year – but when the space for the installation was opened, a time capsule from 1968 was just waiting to be discovered.

“We had heard that a time capsule had been left behind the capstone in the front of our building when it was constructed, but we were under the impression that it had been removed 25 years ago,” explains Howard Schultz, NSYMCA President/CEO. “To open the space for our new time capsule, we had a mason remove the face of the stone and rediscovered a copper liner behind the stone that appeared to be the top of a box. Our facility director used a special saw to cut through the liner, which revealed a copper box filled with a collection of 1968 photos, team rosters, newspaper articles, and much more, all in beautiful condition.”

The discovery from the past was a fitting addition to the Y’s annual meeting, since the organization has been celebrating the legacy of its last half-century for most of 2018. The anniversary has been marked with a community-wide outdoor festival in August, the proclamation of October 11 as North Suburban YMCA Appreciation Day by the Village of Northbrook, and the launch of several new programs to promote healthy living, water safety, and other vital Y missions. The new time capsule, placed in the wall cavity where the original was found, contains mementos from the 50th anniversary, toys and popular items from 2018, select artifacts from the 1968 capsule, and personal statements about YMCA memories from members.

In addition to the time capsule ceremony, the Annual Meeting was an opportunity to thank longtime Y staff members and volunteers, and also welcome new leaders to the NSYMCA Board. Cathy Gregory of Northbrook was named Chair of the Board of Directors, taking over for Michael Redstone who has held the position for three years.

“Discovering the 1968 time capsule and being able to share it at the Annual Meeting was really meaningful and inspiring,” reflects Schultz. “It reminded us of the hard work and commitment that the Y’s founders contributed, and their optimism that future generations would still be coming to the Y 50 years later. I feel very proud that we are still here to celebrate that legacy and keep it going forward for decades to come.”



Photo Caption: Staff, volunteers, and members of the North Suburban YMCA gathered for the organization's Annual Meeting on October 11, 2018.

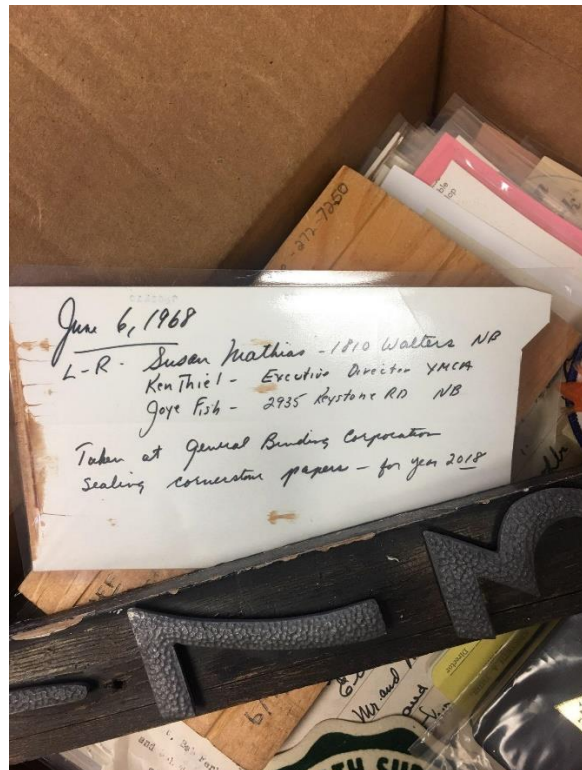


Photo Caption: Artifacts from 1968, including photos, activity patches, correspondence and more, were discovered in a time capsule at the North Suburban YMCA in Northbrook.

About the North Suburban YMCA

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).