

Meeting Waters Recorder

YMCA WEEKLY NEWS PUBLICATION

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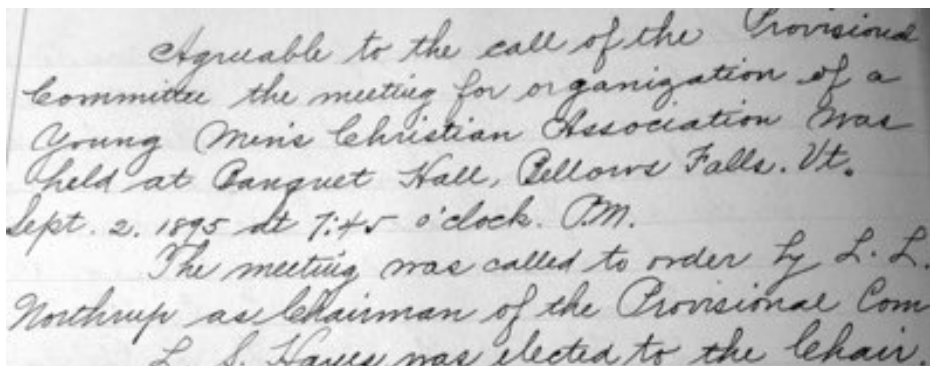
BELLOWS FALLS YMCA FOUNDED BY OVER 100 VOLUNTEERS

The first meeting for the purpose of considering the question of a Young Men's Christian Association for Bellows Falls was held at the home of C.C.A. Ames and G.E. Ingalls on Atkinson Street on April 10, 1895. Meetings were held weekly from that time on.

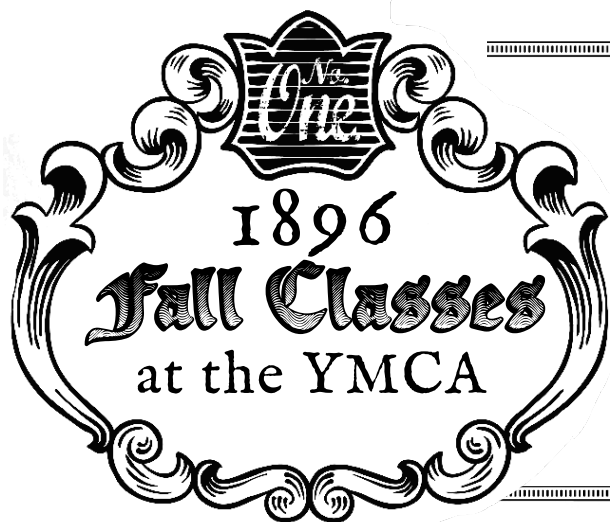
On September 2, 1895, the Provisional Committee presented their proposed Articles of Incorporation and By-Laws to about 100 other volunteers and prospective YMCA members.

Both were approved. Lyman Simpson Hayes, who in 1907 would write "The History of the Town of Rockingham," was elected as the first Board Chair. The Bellows Falls YMCA was born!

By the end of that month, the Y had its first program center, renting two storefront rooms in the Howard Block in downtown Bellows Falls. At the same time, H.W. Freer was hired as the local Y's first General Secretary.



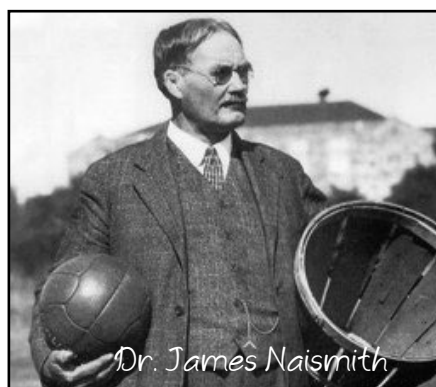
Minutes from the September 2, 1895 meeting at which time the Bellows Falls YMCA was officially founded.



Calligraphy
Photography
Bible Study
Job Training
Women's physical education
Register at our office in the Howard Block

YMCA INVENTS BASKETBALL AND VOLLEYBALL

The 1890s were an exciting time within the YMCA movement, both locally and globally. In 1891, Dr. James Naismith, a professor at the YMCA International Training School (now known as Springfield College), invented the game of basketball. He was charged by the Physical Education department chair, Dr.



Dr. James Naismith

Luther Gulick, with creating a game that could be played indoors during the harsh New England winters.

Dr. Naismith famously tacked two peach baskets to either end of the gymnasium at Springfield College. Players used a soccer ball. There were only 13 rules. Two teams of nine players took part in the first game. The game was one 1-0. Fortunately, the score was not higher. Each time a basket was made, the game was

YMCA TRIANGLE

Just a few years before our organization was born, the YMCA movement's iconic symbol, the triangle, was created by Dr. Luther Gulick, a professor at the YMCA International



Training School. He felt that the YMCA movement needed a symbol like that of the American Red Cross where, as soon as anyone saw the symbol, they

would know the organization and its mission. Dr. Gulick proposed an inverted triangle, where the equal sides stand for "man's essential unity of body, mind and spirit, each being a necessary and eternal part of man." By putting the triangle on its point, Dr. Gulick stressed that if any one side was either stronger or weaker than the others the structure would not stand and would, in fact, fall over.



Dr. Luther Gulick

Saturday, June 12, 1897 ~ 8 AM

Main Street, Saxtons River

5 Miles ~ Entry Fee \$0.50

RUNNING RACE

PARTNERSHIP WITH VERMONT ACADEMY AND KURN HATTIN HOMES

In the late 1800s, three prominent organizations were born—Vermont Academy (1876), Kurn Hattin Homes (1894) and Bellows Falls YMCA (1895). By the beginning of the new millennium, all three organizations joined together to create a mentoring and service-learning program. Through the initiative, VA students were organized and trained by YMCA staff to serve as mentors for Kurn Hattin Students.

halted while the custodian put up a ladder to fetch the ball out of the basket.

Four years later, William Morgan, a former student of Dr. Naismith, invented the game of mintonette. He felt that the older members of the Holyoke YMCA, where he served as Director of Physical Education, needed a less strenuous winter sport than basketball. He created a game where participants hit the

ball back and forth and then hit it over a high net to the team on the other side. A year after inventing the sport, William Morgan brought it to the YMCA International Training School to show it to his former professors and their current students. It was at the presentation that one of the professors suggested that volleyball might be a better name for the game since the objective was to "volley" the "ball."



Dr. Luther Gulick

