



Kristen Nesbitt (left) used some of the money she earned teaching yoga at Bachelder Library, at Proctor, and around the area to bring her Breathing for Peace project to the Ukraine in June. Over 125 people participated in her free workshops featuring yoga, relaxation, and breathing techniques. Kristen's classes in Andover start up again on September 9.

## Local Yoga Instructor Brings "Breathing for Peace" to Ukraine

Andover class proceeds helped sponsor the project

**Kristen Nesbitt, Backroads Yoga**

Have you ever driven by the Bachelder Library in East Andover on a Thursday night and wondered what was going on? I teach a community yoga class on Thursday evenings, and the class will start up again in September. Participants gather weekly to practice gentle yoga postures and simple breathing techniques. The 75-minute class helps relieve stress and promotes general well-being and self-care.

I used a portion of the proceeds from last year's classes to support my service project "Breathing for Peace: Ukraine." This project was a culmination of my service work in the Peace Corps in 2012 and 2013. While serving in the Peace Corps, I taught English at a Teacher Training Institute in Chernigov, as well as at a Technical University in Zhytomyr.

I was also fortunate enough to begin weekly yoga classes at a start-up school for young journalists as my secondary project. Yoga is relatively new in Ukraine, and classes are generally only available to those who can afford them, so free classes are always attended with enthusiasm and deep appreciation.

The Breathing for Peace project began as a way to train participants in relaxation and breathing techniques for people living in a country where the last years' turmoil has created significant uncertainties and distress. When working with my students, both in English classes and as a yoga instructor, I was often reminded that many Ukrainians had never experienced any breathing techniques, guided visualizations, or introductory mindfulness practices.

Despite these challenges, my students soon learned to trust in their experience, and as a result found deep peace and transferable, sustainable skills.

While in Ukraine this past June, I offered workshops in Kyiv, in Zhytomyr, at the State Technical University, and in Vinogradiv. Over 125 people, ages 14 to 76, participated in the workshops, including teachers and therapists who work with elderly, disadvantaged, and PTSD patients and obstetricians and general PC doctors. The workshops were well received and well attended.

I would like to thank supporters in Andover and Warner for showing up to class despite rain, wind, sleet, and major snowstorms. I hope to see you all at the next class, starting on Thursday, September 8, at 6 PM.



Doug Rayno, left, discusses with Liz Kirby from the Wilmot 9/11 committee and Ed Weaver from the Wilmot Bandstand Committee the placement of a stone that Doug donated. A plaque commemorating the lives lost on September 11, 2001 will be installed on the stone and unveiled at a special memorial program on Sunday, September 11, on the Wilmot Town Green.

Photo: Mary Fanelli

## Wilmot Plaque Commemorates Lives Lost on September 11, 2001

Memorial program on September 11, 2016

**Press release**

On Sunday, September 11, at 4 PM, the Town of Wilmot will hold a special memorial program on the Wilmot Town Green in Wilmot Flat to unveil a plaque that commemorates the lives lost in the terrorist attacks on the United States on September 11, 2001.

In particular, Wilmot citizens will honor their friend and neighbor, Thelma Cuccinello, who lost her life when the airplane in which she was a passenger was hijacked and crashed into the first of the twin towers in New York City.

The committee coordinating this effort has a goal of raising \$900 to cover all expenses of creating the plaque and setting it in a granite stone at the foot of the red maple tree next to the Wilmot bandstand. The tree was given to the town by the US Postal Service and planted in 2002 in memory of Thelma and the other September 11 victims.

Donations with "September 11 Plaque" in the memo line may be sent to the Town of Wilmot, PO Box 72, Wilmot NH 03287.

This proclamation will be read at the ceremony.

**Town of Wilmot, New Hampshire Proclamation**

**Wilmot Remembering**

Whereas, on September 11, 2001, an attack on the United States of America by foreign terrorists sud-

dently took the lives of many innocent victims; and

Whereas, the citizens of Wilmot, New Hampshire, want all to remember those whose lives were suddenly, without cause, and pointlessly taken from us; and

Whereas, a noble and appropriate way to accomplish this remembrance is to encourage patriotism and advance responsible citizenship and love of country; and

Whereas, one of these innocent victims was Thelma Cuccinello, a resident of Wilmot, New Hampshire; and

Whereas, the United States Postal Service presented to the Town of Wilmot a red maple tree in her honor that was planted on September 11, 2002;

Therefore, be it resolved that the placement of a memorial plaque at this tree, by the citizens of Wilmot, be a reminder to all present and future generations of that horrendous day we will "Never Forget."

Be it further resolved, that this proclamation be publicized for all to see and know, and that the citizens of Wilmot will remember with eternal respect those whose lives were taken from them on September 11, 2001.

May they forever rest in peace and abide in our memories.

Proclaimed this 11th day of September, 2016.

Town of Wilmot Select Board  
Nicholas Brodich  
Mary Kay Huntoon  
Thomas Schamberg

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\*2015 YRBS

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