

The Florida YMCA Connection

Sandpaper

March/April 2022 Volume 84 Issue 4



The mission of the YMCA Alumni is to enable members to promote a nurturing worldwide Christian fellowship that provides educational, social and charitable opportunities.

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The Florida Sandpaper is the newsletter of the C. B. Willis Chapter of YMCA Alumni and is published six times a year.

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National Service Project

\$600,000 GOAL*

\$480,148 RAISED TO DATE

(\$10,250 Willis Chapter)

Help make the GOAL!

*The GOAL includes building and completing seven tiny homes in a new village adjacent to the Sioux YMCA facility in Dupree, S.D. including all the infrastructure and furnishings by the end of year three. We will also build at least two "twigs" (mini-branches) throughout the Reservation.
(National Service Project Pledge Card on Page 7)

**Be on the alert for emails
about the next chapter
activity on May 4-5!**

C. B. Willis Chapter - Connect-Travel-Serve

Messages and Reports

President's Message: Bob Martin



"Every day is Saturday"

When I retired I was ready for a new adventure. Recently I happened to come upon a couple of interesting news articles. One in the Wall Street Journal and the other in US News. These articles described how a typical retiree spends their day.

The king of activities is watching television. This activity averages between four and a half to five hours and 42 minutes each day. Yet, we only spend 38 minutes a day reading a book. The average retiree spends 19 minutes exercising and that drops to 13 minutes at age 75. We sleep on average eight and a half hours a night.

Well on to my retirement. How would I act without the 200 emails from staff and major donors daily? Without someone to fill my calendar and screen my calls how would I survive? Could I handle the drop in scheduled activities? Would I miss all the fancy donor dinners? Was I ready for retirement? Yes, I was ready.

Everyday to me is Saturday. It is the weekend all week long. Retirement from Central Michigan University is what connected me back to the YMCA again. After 23 years I had left the Y in 1996 and looked forward to being a YMCA Alumni member. I received a nice letter from the National office inviting me to join. I got active immediately, joining the National Service Project Task Force as a Chapter Representative.

We only spend 38 minutes a day volunteering and 44 minutes socializing. The Willis Chapter is a fun group and they have been very welcoming to Donna and me. Add to your volunteering and socializing time by taking an active role in the Willis Chapter. You will be glad you did.

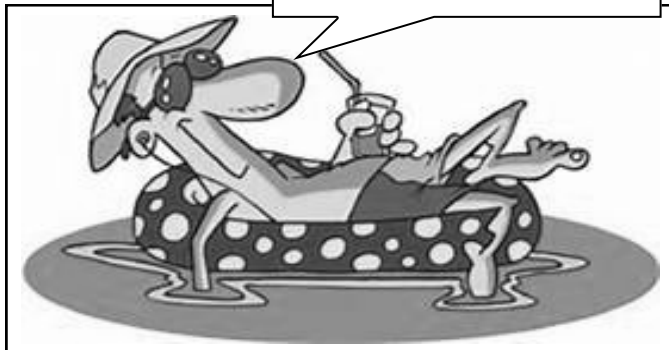
Yes, I do miss some of the fine dining with donors but I now enjoy sitting at a beachside dive bar eating a blackened grouper sandwich and drinking a cold beer.

Hope you are enjoying retirement, too.

Cheers,

Bob Martin
Chapter President

EVERY DAY IS SATURDAY!



Exciting Project For You!

Bob Martin, C. B. Willis Chapter NSP Representative

If there was ever an exciting project, this is it! Now you are invited to participate! Don't sit on the sidelines when you can be part of something so impactful.

The National Service Project is working to build a strong community on the Sioux Reservation. Volunteers will build tiny homes to improve and transform the community. There are opportunities to help from your hometown and opportunities to go to South Dakota. The first three positions are ideal for someone who wants to be involved but cannot be part of the actual building process in South Dakota.

Fundraising Volunteers report to the Fundraising Campaign Administrator. They will call fellow YMCA retirees in Florida and request they make a gift to support the National Service Project. All the information needed to make a successful ask will be provided.

Donor Acknowledgement Volunteers report to the Fundraising Campaign Administrator. They will prepare and send email and/or printed thank you letters acknowledging pledges and contributions made during our fundraising campaign. All the materials will be provided for these volunteers.

Recognition Team Volunteers report to the Volunteer Engagement Team Administrator. They will identify and implement recognition strategies for donors and volunteers, incorporating the Sioux Star Quilt as one of the cultural symbols in the recognition strategies they identify.

Construction Volunteers report to the Boots on the Ground Committee Chair. They will build tiny homes in South Dakota. Need I say more. Yes, you have the opportunity to actually go to South Dakota to assist in building a tiny home. To get more information on volunteering to work on a tiny home on the Sioux Reservation please email alumni-y515@gmail.com. We welcome everyone who wants to participate. Previous construction experience is not required. You can be a part of building safe, affordable homes that will provide a deserving family with a new chance for a better life.

The available dates to go to South Dakota are: May 15-22, May 22-29, July 10-17, July 17-24, October 23-30 and October 30- November 6. Now, take a look at the National Service Project video: <https://national-service-project.constantcontactsites.com/>

If you have an interest in volunteering, please email me at Floridyalumniprez@gmail.com. This is your chance to be part of something big. Please contact me for more details.

EDITOR'S NOTE: *We have been blessed with the past writers of the columns in this space emphasizing the "C" in the YMCA's Mission: **Harold Smith and Joe DeGroote.***

It is very important to maintain this column expressing the core Christian values of our organization's Mission Statement, and of the YMCA's founding purpose.

If you would like to assist in providing a message for this column, please contact me ... let's keep the "C" in YMCA Alumni. I really need your help!

Thomas Durley Landels

Thank God for life, with all it's endless store of great experiences, of hill and dale, of cloud and sunshine, tempest snow and hail.

Thank God for staining sinews, panting breast, no less for slumber, peaceful rest;

Thank God for home and parents, children and friends, for sweet companionship that never ends:

Thank God for all the splendor of the earth, for nature teeming with prolific birth:

Thank God for sea and sky, for changing hours, for trees and singing birds and fragrant flowers.

And so in looking back at eighty-three my final word to you, my friends, shall be:

Thank God for life; when the gift's withdrawn,

Thank God for twilight bell, and coming dawn.

Our Father who gave us life and purpose, help us be thankful for all the many blessings bestowed upon us and may our lives continue to celebrate your grace through our actions and deeds, through Jesus Christ. Amen

ymcaalumni.org

Who Is Doing What?

Dorothy Markell,
Correspondent

I heard from **Tony and Patty Borton** who said that they had a nice visit with their two daughters. One lives in Pennsylvania and the other in Ocala. Seems that seeing family is more important than ever these days. They also keep busy in their new home in Indian River Estates swimming and playing golf. In addition, Tony got hearing aides courtesy of the VA and now (he says) he knows what is going on.

Pat Frazier has been having a wonderful time with her best friend **Ilse Brosnan**. It's been 2 1/2 years since they were able to be together due to covid. They went to the beach and Pat even went in, though the water was only 61. Pat says when you're numb you don't feel anything! This visit is mostly day trips but in September they are traveling to Ireland. (Hoping that it's not cancelled this time). Pat has also been tutoring again. Good for you, Pat.

Peggye and Harold Mezile wanted to let us know that they enjoyed seeing everyone at the Bok Tower Event. Harold has been busy working with the National Service Project - Sioux Indian - as he is on the Fund Raising Committee. Harold also serves as a Legacy Advisor to the Y of the North (Minneapolis-St. Paul) which involves strengthening, diversifying and providing equity for the staff and community programs. Peggye has been busy with women's groups: her sorority, voter education and registration. Both Harold and Peggye are still getting used to the climate in Florida after living in Minneapolis. Like the rest of us, their blood is thinning and they wait until it warms up to walk. We know the feeling.

Here in my world I have discovered paint by numbers for adults. No, no this is way different than the awful pictures on velvet from long ago. Some of these paintings are worthy of framing. Check it out on line. I find this a very relaxing hobby

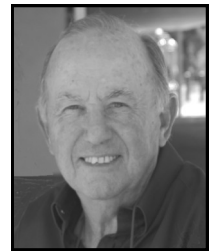
(Please see "What" on page 4)



Fitness: Quick Zap!

Phil Wortman—Roberts-Gulick Award

Low in energy ... knock back a couple of those "quicker picker-uppers" found in handy little bottles at the corner quick mart. That should do the trick!



But doing so could land you in a quick trip to the ER instead. So, I did a little research. Here's what I found.

The FDA doesn't regulate energy drinks, nor do they evaluate ingredients or the combination of ingredients of those drinks for safety.

Don't make the assumption that because they are sold "over the counter" that a supplement is safe for you to use. In 2011, energy drinks were associated with 20,000 ER visits in the US.

Toxicity may occur in one or both of the pathways to trouble: either through an extremely high dose of caffeine or through the compounding effect of caffeine with other ingredients.

The safe limits for caffeine for adults is up to 400 mg a day. An average cup of coffee contains about 100 mg of caffeine. Quick energy drinks contain from 70 to 240 mg of caffeine. 5 Hour Energy includes 200 mg, and Java Monster comes in at 100 mg.

While the intake of most of the ingredients found in the drinks are not inherently dangerous, if combined with a high dose of caffeine problems can arise. The Journal of the American Heart Association found that over consumption of energy drinks can alter the functions of the heart, increase blood pressure and place a strain on the heart. In extreme cases, these ingredients have been known to thicken blood in the coronary arteries and have led to cardiac arrest.

Of course, the trick is to be sensible if you are going to drink an energy drink, watch the amount of caffeine you consume, don't combine the drink with weight loss pills or other OTC supplements, and forgo the ER visit.

Membership

Thank you for your support!

You've been amazing! The financial report ending 12/31/2021 given by Treasurer Cindy Ferguson showed you generously gave \$2,340 over what would have paid in dues for a new high of \$3,840 in total revenue received for 2021 renewals. Our chapter is growing, several new people attended the last event and you are the reason for our success, supporting and helping us grow for tomorrow.

What

(Continued from page 3)

Bob Martin recently checked off a bucket list item in Miami. He had the opportunity to drive an Indy race car on the race track. It was just like the ones raced in the Indianapolis 500. He hit a top speed of 137.42 miles per hour. You fit in the car so tightly that they have to attach the steering wheel after you are buckled in. Exhilarating! That's him in the race car!



Larry and Carole Lieving write: "This has been a tough month, but has ended well. Sorry we had to miss the Bok Tower! Carole's procedure wasn't fun, But was worth it.... she's doing well! Here's short and sweet news! We've had a busy month with lots of company and the medical procedure for Carole. All went well, and we are very thankful. March sees us heading to Illinois for a wedding, April sees our 18 year old California granddaughter coming for her Spring break...after she leaves, we go to Mexico for a week. May sees us heading to California for our granddaughter's graduation. June, we recover, and July we go to Maui for a grand reunion with our whole family...a gift for our 80th birthdays! Much to be thankful for!! Wishing you all good health and happy days!"

Two Reminders To Serve:

(Refer to the January 2022 issue of the Sandpaper)

- **Sioux YMCA Work Week May 13—June 4, 2022**
Contact CEO Andrew Corley at 605-365-5232 or email at Andrew.corley@siouxymca.org.
- **International Service Corps Request**
Contact Wayne Uhrig at 704-398-2830 or email at wuhrig.msusports@gmail.com



Willis Chapter Bok Tower Gardens Event

Besides the "official business" conducted, we had a heart felt presentation by Willis member Harold Mezile on the YMCA Alumni National Service Project.

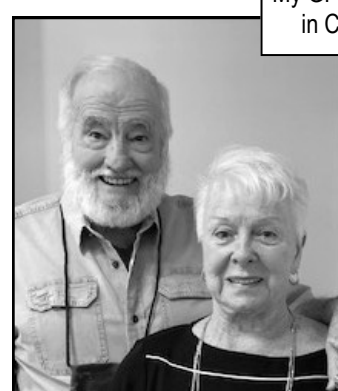


Group photo before entering Bok Tower Gardens.



Some of our group listening to the Carillon Concert.

Photos



Willis Chapter Bok Tower Gardens event: We had a great meeting followed by lots of fellowship laughing and sharing stories, all followed with a wonderful dinner. Then, off to a beautiful day at the gardens.

Editorials and Events

Editorial: Connect

Phil Wortman, Sandpaper Editor, Stahl Award

YMCA Alumni's core program thrusts are "Connect-Travel-Serve." What does "Connect" actually mean? It's defined as: "Bring together or into contact so that a real or emotional link is established ... to form a relationship or feel an affinity."

Okay, I can buy that. But how does that apply to YMCA Alumni? What constitutes a connection? Is it simply a fleeting feel good thought that one may have when they happen to think about their Y career and remember the good times? Or, does it require an actual overt transaction between two entities, whether it is physical and/or emotional, to establish a connection?

Nitpicking? Probably, but it is an important concept to define if we, our organization, are going to be able to evaluate our success in fulfilling our purpose.

For instance, which is more important? Having 20+ Y retirees at a chapter activity; or, sending electronic newsletters to all the Y retirees in the chapter's service area? Both? Yes, and we don't have to pick! We only need to recognize that there are many different levels of connecting, each being important to the person desiring to connect.

When an individual goes to a chapter activity they connect with a physical experience enhanced by an emotional relationship. If they don't go, they've chosen not to connect in that manner. When an individual receives an electronic newsletter and opens it, they connect through a physical act and emotional link to the chapter. If they don't open it, they've chosen not to connect in that manner. Fundamentally it is a connection/response choice, but at different levels. The question becomes, "In both scenarios, is the organization fulfilling its purpose?"

It is up to the Y retiree to determine how they may want to connect ... not the organization's. Our mission is to "enable members to promote a nurturing worldwide Christian fellowship." If the Y retiree wants to connect through chapter activities, great! If they just want to only connect by receiving a newsletter, that's great too! For "Connect" to be really important it must mean expanding the opportunities, new and old, to establish, cultivate and retain a connection at some level with those Y professionals who have retired. It means opening up levels of connecting and removing burdensome membership barriers to expand the scope of those we are to serve.

We, YMCA Alumni and our Willis Chapter, have to provide more and new opportunities to connect. If we do that, we're fulfilling our purpose.

Minutes of February 16, 2022 Willis Chapter Meeting—Lake Wales

Dorothy Markell, Secretary

Meeting was called to order by President Bob Martin at 2:05 PM, Wednesday, February 16, 2022 at the Hampton Inn and Suites Lake Wales, FL.

Treasurer Cindy Ferguson passed out copies of the financial report. Cindy had reported that there was \$5,564.59 in the checking account at Regents Bank. There was \$6,681.30 in the Grace Willis Fund. Cindy stepped down as Treasurer and was thanked for her service. Donna Fredricksen was unanimously elected as Treasurer.

Phil Wortman presented a two year growth plan to attract new members. Overall there are 400+ in our service area but because of age and other factors, the target market for recruitment will be closer to 129. Phil detailed the promotional pieces to be sent to this group as well as our regular mailings. First year chapter and national membership is free. Currently we have 58 registered member units.

Phil Wortman presented the Constitution and Bylaws Task Force update and proposed revisions involving some changes and clarifications of the Treasurer's responsibilities and financial policies; membership categories re-defined; and membership fees not charged to become a chapter member. Amended document* passed unanimously.

Dorothy Markell presented the Grace Willis Fund and Chapter Donation Task Force report. There was a lively discussion on the utilization of the Grace Willis Fund. Following some policy and funding recommendations, the amended reports* were passed unanimously.

The Chapter Donations recommendations included:

Make a \$1,000 donation to the National Service Project from the Grace Willis Fund in January 2022.

Provide up to \$1,000 from the Grace Willis Fund for matching member donations to the National Service Project on a one year basis beginning January 2022.

Recommend the designation of up to \$1,500 from the operating budget to be contributed to charitable venues in 2022 as determined by a three person task force appointed by the chapter president.

The National Service Project committee report was given by Harold Mezile. The project is attracting attention as well as contributions and the purpose is to build small transitional housing at the Sioux Indian Nation in South Dakota. The plan is to build 7 small homes and expand some social programs to help those in need. Harold gave an enlightening history of the Sioux Struggle and the connection with the YMCA.

Don Macher gave the International Service Committee report listing some of the volunteer opportunities available to retirees. There are opportunities in Germany, Dominican Republic, Mexico and others.

The National YMCA Alumni Reunion, originally scheduled for January has been rescheduled for November 2-4, 2022.

Sandpaper Editor Phil Wortman requested assistance for Dorothy Markell in obtaining copy for her Sandpaper column, "Who's Doing What;" and, assistance in writing the "C" column.

Attending were: **Pat Frazier, Dorothy Markell, Donna Fredricksen, Ed Ellis, Arlinda and Mike Santos, Bob and Donna Martin, Phil and Gail Wortman, Kirby and Claudia Falkinberg, Don Macher, Carl and Alice Gaites, Tonia DeGroote, Harold and Peggye Mezile, Pete Kiziu, Cindy Ferguson.**

** Copy of the revised and approved Constitution and Bylaws, the Grace Willis Fund Report and Chapter Donations Task Force Report are available by emailing Phil Wortman, Sandpaper Editor at wormanii@aol.com.*

YMCA Alumni National Service Project Pledge Card

Complete the form below and mail in with your check. If you wish to pay by credit card go to the YMCA Alumni website and follow the prompts to the Service page.

Chapter name: C. B. Willis Chapter

Name: _____

Address: _____

City/State/Zip: _____

Email address: _____

Phone: _____

Total pledged: \$ _____

If this is a one-time donation, when will it be paid? (month & year)

If this is a three year pledge what month will payments be made? (month & year)

FORMS: Email completed pledge forms to Rich Wallis at richwallis@comcast.net or mail it to:

Rich Wallis
15605 N. Meadowglen Ct.,
Spokane WA 99208

DONATIONS – Please make your check payable to YMCA Alumni. Send to:

YMCA Alumni Treasurer
Cyndi Koenig
P.O. Box 725
West Chester, OH 45071.

Indicate C. B. Willis Chapter on your check.

Special Notice Willis Chapter Dues

If you go on the YMCA Alumni website to renew your C. B. Willis Chapter membership you will notice the cost is listed at \$50.00 which is wrong!

We have voted unanimously as a Chapter to waive our portion of that fee. In other words your Chapter membership is free. The National YMCA's fee is \$25.00. This went into effect January 1, 2022.

If you have already sent in the \$25.00 chapter membership fees previously set for this year we will consider that payment part of your donation to the National Service Project and the Willis chapter will match these donations up to \$1,500.

We look forward to you being an active member of the C. B. Willis Chapter.

Virtual Y Videos

Amazing! You've got to do it! It will blow you away. Really, take a moment and check this out.

Go on line. Google "Florida State Alliance of YMCAs." Click on "Resources." From the drop down menu click on "Virtual YMCA" and scroll down to the box titled "Silver Sneakers." Click it, and then be amazed at the wellness videos that pop-up.

There's over 100 short videos ranging from exercises for heart health to how to improve your immune system; from how to burn 100 calories in 17 minutes to improving your cognitive ability; from yoga of all types to strengthening your biceps; and more!

Quickly scroll down the offerings ... the scope of subjects is staggering. How to deal with neck pain, back pain, shoulder pain, etc. ... chair activities, meditation, diet advice, and on and on—all presented in quality, short videos. Anyone can find something that would interest them. You'll enjoy looking this over. Try it!

What you do for others is the rent you pay for the space you occupy on earth.

Crabby Road

6-23-12



Numbers don't tell the impact, but they are impressive!

We all know that it is the life changing impact that our members and communities experience through the Y that makes the Y so unique. But, one has to be impressed by just how many people are touched in some way each year here in Florida through Y programming.

These stats are prior to the COVID 19 pandemic, but they show the remarkable influence the Y has on Floridian's lives.

- 1.1 million Floridians served
- 32 counties have a Y presence
- 24,896 Y volunteers
- 296,058 kids in Y child care
- 133,632 kids attended day camp
- \$30 million dollars were given in direct scholarships
- 104,188 kids joined Y sports programs
- 47,191 teens participated in Y programming
- 72,128 individuals learned swimming skills
- 2,282 adults, teens and youth participated in overnight camping

I'm nobody! Who are you?
Are you a nobody, too?
Then there are a pair of us—don't tell!
They'd banish us, you know.

How dreary to be somebody!
How public, like a frog
To tell your name the livelong day
To an admiring bog!

Emily Dickerson



IMPORTANT NOTICE: If you are **not receiving chapter email alerts** and information about ZOOM meetings, we do not have your current or correct email address. Please email it to Phil Wortman at wortmanii@aol.com so you won't be left out.

Your YMCA Alumni Association

History



The "Paris Basis"

We are all familiar with the YMCA's historic mission set forth in the Constitution of the YMCA of the USA. It used the "Paris Basis" statement as its foundation. But do we know the history of that statement drafted in 1855 at the first world meeting of YMCA's in Paris? What did it actually say?

At the sixth session of the conference Rev. Abel Stevens from New York presented his proposition for an alliance "showing the desirability of some bond of union between the different Associations." The plan was heard with careful attention with Frederic Monnier from Strasbourg declaring "It is not ours at this moment to organize a Union, it already exists." He proposed forming "one united Association on this general principle" which became known as the "Paris Basis." The group responded enthusiastically to the proposal and at the concluding session of the conference on August 24th the final version was presented and approved as follows:

"The Young Men's Christian Associations seek to unite those young men who, regarding Jesus Christ as their God and Savior according to the Holy Scriptures, desire to be His disciples in their faith and in their life, and to associate their efforts for the extension of His kingdom amongst young men."

During the following year the Basis was studied carefully with no objections by any Association. The 1856 Convention at Cincinnati approved the Basis on a motion by William C. Langdon, co-founder of the Washington YMCA and father of the first Confederation of American YMCA's. Three years later the Basis was incorporated in the YMCA Articles of Confederation adopted by the Troy Convention and is still at the core of the YMCA's existence.

Renew your membership on line today!