

PRESIDENT'S MESSAGE



Finally summer is officially here and we are excited about all of the programs and events planned for our members again this summer and through the balance of the year.

Programs and Events:

We have included the **2019 Events and Program Calendar** with this Newsletter and removed the programs and events that have already taken place. There are some really unique and fun events planned for the balance of the year so take some time to review the **Calendar** and mark your personal calendars for the events you may want to attend.

Approximately 4 weeks prior before each event or program you will receive either via email or regular mail announcements and registration information. Our Cluster program coordinators will answer any questions you may have about a specific event or you can contact me.

Please remember that no matter what Cluster area you live in you are welcome to attend any and all programs and events offered by our Chapter and Clusters. In fact if you are planning on a vacation somewhere in the USA and you notice another chapter's event listed in the **"The CONNECTIONS"** newsletter or on the YMCA Alumni website you may want to attend their event!

Messer-Brandenburg Membership Renewal Process for 2020:

Again this year our Chapter will be managing the annual membership renewal process as we did last year. It was very successful and I am excited to report we have 156 members currently on our Membership Roster.

Watch for your Messer-Brandenburg YMCA Alumni Chapter Membership Renewal form arriving by regular mail around October 15, 2019. Again this fall when we renew your membership you will be sending your membership dues and Chapter contributions to Larry Hemdal, Chapter Treasurer. We will include mailing instructions and other pertinent information to help make this annual process as easy as possible. The Messer-Brandenburg Chapter Board believes that managing our renewal process allows us to make quicker additions and corrections to our data base and provide faster acknowledgement of dues and contributions received from our members.

Fall Luncheon

The Messer-Brandenburg YMCA Alumni Chapter **Fall Luncheon** is tentatively scheduled for **Wednesday, October 9, 2019**. The location for the Fall Luncheon has not been decided at the time of this Newsletter. This event is scheduled to start at **11:00 AM** with lunch being served. We are looking for nice restaurant located close to the Illinois/Wisconsin boarder so members from our three Clusters can easily attend.

More information will be sent out as soon we can finalize the details.

YMCA Alumni Reunion In Louisville, September 24 -26, 2019

Hopefully you've seen information about the upcoming YMCA Alumni Reunion being held in Louisville. There is additional information included in this Newsletter and I hope you will join us for a fun packed couple of days.

Summary:

It's been an exciting first half of the year with program planning and participating in some of earlier programs and events. The balance of the year looks great too!

Stay connected by participating in events, including those that require some travel and give some of your valuable talents to your YMCA Alumni Chapter, your local YMCA, your church or other non-profit organization. You will feel better and the community will be better too.

Have a great summer and I look forward to seeing you at the Reunion in Louisville,

Denny Handrow, President
Email – dennishandrow@aol.com
Home Phone – 262 567-0904
Mobile Phone – 262 923-0904

There is additional information available in the **2019 Programs and Events Calendar**.

BOARD STUFF

Emergency Assistance Fund

EAF has been available for us for more than 110 years. Our contributions have continuously supported EAF and ensured funds are available for Association of Y Retirees (AYR) and Association of Y Professional (AYP) members who qualify for emergency financial assistance. You could be eligible for a grant if you have been a member of AYR or AYP for at least the past six months or are a surviving dependent of an eligible member.

The following definitions of an emergency are used to determine grant approval:

1. Medical expenses in excess of insurance provisions.
2. Catastrophic distress as a result of acts of nature or other events such as accident or crime.
3. Emergency as a result of an unforeseen event, not from the exercise of personal choice.

Visit www.yretiree.org click on EAF for more information and forms. For those wishing to mail a check, please send to:

Emergency Assistance Fund
c/o YMCA of the USA
Financial Development
101 N Upper Wacker Drive
16th Floor
Chicago, IL 60606



YMCA ALUMNI MISSION STATEMENT

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

HOW CAN YOU HELP!

We are looking for Chapter Alumni Members who would be willing to serve on the Messer-Brandenburg YMCA Alumni Chapter Board. It requires only 1 or 2 "face to face" meetings each year and perhaps 1 or 2 conference calls.

If you are interested in helping please contact Den-ny Handrow at dennishandrow@aol.com or at Home: 262 567-0904 or Mobile: 262 923-0904

**Your news could have been here too!
Next time send it to Bob Klein - bobklein@mac.com**

MESSER-BRANDENBURG YMCA ALUMNI CHAPTER BOARD - 2019

OFFICERS

President	Dennis D. Handrow
Vice President	Bob Heger
Treasurer	Larry Hemdal
Secretary	Dianne Warrick
Past President	Pat Nelson

CLUSTER CHAIRPERSONS

Wisconsin Cluster	Bob Heger
Illini Cluster	Dennis Mohrman
Town & Country Cluster	

BOARD MEMBERS

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International	Angie Rester
EAF Wisconsin	Jim Furrie
EAF Illinois	Tom Scott

YMCA ALUMNI REUNION 2019

YMCA Alumni Reunion 2019

Anticipation and Participation are Building for YMCA Alumni Reunion 19. Louisville is the place to be Tuesday September 24 through Thursday September 26. 109 Y Alumni members have already registered and will be renewing long standing connections or making new ones. Personal connections are a key element and benefit of participating in Reunion 19. Fun is another key ingredient and is a part of each day's afternoon portfolio of activities. Enrichment is another benefit with many interesting workshops planned for each morning. You have been hearing about this energizing event in our Chapter or National newsletters and now it's time to make the commitment.

On-Line Registration is Convenient. Links are provided within The YMCA Alumni Reunion Facebook page that open the door to register online for the event and another link connects you to Embassy Suites to book your hotel stay. Registrations made before June 19 save money because the early registration fee of \$139 increases by \$30.00 per person June 19. Don't delay, act today!

Experience Louisville's Uniqueness. Tour options offered appeal to a variety of interests and showcase the social, historic and geographic influences that helped shape this dynamic and diverse city.

Deepen Your Y Alumni Experience. Reunion 19 content will express and showcase the focus of YMCA Alumni membership; Connect – Travel – Serve. Participating in Reunion 19 is another great way to help make your membership more meaningful. A wide range of opportunities await, from meeting the hosts of our Travel Club to sharing approaches that help strengthen Chapter engagement. President Dale Packer will address plans for upcoming years and a new William Stahl recipient will be honored.

It Will Be A Delight! The conference planning team looks forward to extending gracious hospitality, presenting stimulating programs and creating an environment to serve a whole lot of fun to each member participant. Meet up and connect with your friends in Louisville this September!

Here's a photo of our Famous Dave's gathering held last Fri May 24. Those attending were: Denny Mohrman, Don Heller, John Alexander, Don Darnell, Tom Erslund, Rich Escutia and Connie Heller. Also attending, but not pictured were Lou Krenz and photographer, Cindy Mohrman.



FIRESIDE "THAT'S WHAT I CALL ROCK N ROLL"

Photos from the Messer-Brandenburg event at the Fireside - "That's What I call Rock and Roll."
June 12, 2019.



OTHER TIDBITS

YMCA Celebrates 175 Year Anniversary In 2019

We all know the story of the founding of the YMCA: A young factory textile worker named George Williams was concerned about what he considered to be "unhealthy conditions" for London's youth. In 1844, along with several friends in agreement with him, he began to create and provide activities for the youth, thus launching the YMCA in Central London. 2019 celebrates 175 years of what has become the world's largest youth organization. The 175th anniversary celebration - dubbed YMCA175 - of the founding of YMCA will be hosted by YMCA Europe Aug. 4-8, in London where it all began. You are invited to attend, participate and celebrate. An estimated 5,000 YMCA members from all over the world are expected to gather, sharing our achievements and addressing today's most compelling social issues. Click for more information: [YUSA](#) or [YMCA Europe](#).

This article appeared in the McBurney-Morse Chapter's newsletter "The Messenger"

Fitness: "Tears, Blood and Insanity" By Phil Wortman, Roberts-Gulick Award

Arthur H Steinhaus was Professor of Physiology and Dean Emeritus of George Williams College. I was fortunate enough to know the man (and his son, Bob) and enjoy his friendship.

My favorite quote of his comes from one of his publications, "Towards an Understanding of Health and Physical Education." He wrote, "It may make little real difference if the teaching of grammar is not improved, but unless the teaching of health and fitness is improved we will pay with tears, blood and insanity." That was a "banner statement" for me as I spent most of my career in the health and fitness world.

Another one of his beliefs that he would share with new YMCA professionals was that they would find themselves close to those they worked with including their problems, and must realize that they are leading people, not programs. A wise statement...we all understand what he meant. He was way ahead of his time in defining fitness as personal wellness ... the "whole man." Yes, strength, good cardiovascular efficiency, proper weight control are all important, but so is the person's mental state, their level of happiness and self-confidence. His lectures and writings on this subject were instructive and filled volumes. In one of his addresses to YMCA staff, published in Association Forum in 1961, Steinhaus quoted Luther Gulick saying, "The triangle stands not for body, or mind, or spirit, but for the man as a whole ... the triangle does not stand for lines of work at all, but simply for the complete man."

We need to exercise our body ... but we also need to exercise our options to have fun, to share laughter and the enjoyment of being with those we love, and to have a spiritual peace in our lives. Jimmy Valvano perhaps said it best. Dying of cancer, he gave his famous "Never Give Up" speech at the 1973 ESPY's saying that there were three things everyone should do every day: laugh, think and "have your emotions move you to tears" ... "if you laugh, think and cry, that's a heck of a day."

The hope for this column is to take Steinhaus's challenge and provide information to improve health and fitness emphasizing the people more than the technical data, and respond to Gulick's charge of considering the "complete man," while embracing Jimmy V's philosophy for life.

This article appeared in the C. B. Willis Chapter's newsletter "The Sandpaper"



Messer – Brandenburg Chapter
Complete 2019 Chapter Program & Events Calendar
(In Chronological Order)

Introduction

Your Chapter Officers and Leadership work diligently to provide a variety of gatherings during the year with the fellowship of members foremost in their minds. With this planning process, we are provided new experiences, revisited memories, learning's and of course, FUN! Take time to review the **2019 Programs and Events Calendar** listed below and mark your personal calendar now to reserve the date(s) for the programs and events you are interested in for this year.

While most programs are distributed geographically throughout the chapter, you are invited and encouraged to attend as many as you can or desire. They provide opportunities for fellowship amongst old friends and meeting of new ones.

We ask for your support and help for those planning these events. Most important is to get your registration form and any fees sent in as soon as possible. Many venues require advance scheduling or deposits. So, don't wait for a deadline, but rather indicate your interest and intent as soon as you receive the event flier which should arrive four weeks before each program or event. At the same time, make sure you have it marked on your calendar to protect the date to avoid conflicts!

Many of the events we have included in this Calendar require down payments and/or firm commitments. Payment for each event is to be RECEIVED on or prior to the registration deadline.

We understand that folks experience medical issues, and your chapter has a policy of refunding fees in the event of those personal illness situations.

For more information on any of these Programs contact:

Dave Bast, Town & Country Cluster, dcbast@me.com; 630-393-9833
Bob Heger, Wisconsin Cluster; rjhegermke@gmail.com; 414/ 520-9622
Dennis Mohrman, Illini Cluster; dennis.mohrman@gmail.com; 309/ 452-3660
Denny Handrow, President; dennishandrow@aol.com; 262/ 923-0904

Every member of this Chapter or any other Alumni Chapter and their guests are welcome and encouraged to attend all events, regardless of location. Leadership will always work with you to secure transportation. We make every effort to have our program venues be convenient and handicapped friendly to the extent possible and will work with attendees for special accommodations.

Summer

COME EXPLORE THE MISSISSIPPI RIVER



Thursday, June 20, 2019

Come and join us in Moline, IL for a narrated tour about the history of Fort Armstrong and the Rock Island Arsenal on the Mississippi River. Explore the river on a **Channel Cat Water Taxi** and enjoy lunch at TGI Friday's at one of the boat stops.

The Channel Cat Water Taxi is a leisurely way to get out and enjoy the Mississippi River. The Channel Cats are open-air boats that take passengers back and forth across the River to various landings. The narrated tour will be provided by **River Action** a non-profit organization fostering environmental and cultural vitality of the Mississippi River. Come a day early or stay a day after our event and enjoy the interesting and beautiful Quad Cities area. Your Ticket is good for the entire day. Lodging and other information will be sent prior to this event. **Cost is \$22 per person which includes the Channel Cat Taxi and tour. Lunch is on your own off the restaurant menu. An event registration form along with optional lodging information will be sent in early May.**



This event is coordinated by the Illini Cluster

COME SPEND A DAY WITH US IN WEST BEND, WI

Wednesday, August 14th 9:30 AM – 3:30 PM



Join us for a wonderful day trip to West Bend, WI. From 9:30 AM – 11:30 AM – Meet us at the **Shalom Wildlife Center** and experience nature at its best on foot or rent a golf cart to explore over 3 miles of gravel road throughout the zoo. You will experience over 400 animals and herds of bison, deer, elk, wild sheep, along with wolves, cougar, bear, zebra, camel, and much more in large natural environments. From Noon – 1:30 PM Enjoy lunch at **The Riverside Brewery Restaurant** including microbrews and a wide selection of menu choices. Rob Johnson, CEO of the Kettle Moraine YMCA will join us to provide an update on this Y's Community impact.



The Museum of Wisconsin Art (MOWA) explores the art and culture of Wisconsin. Founded in 1961, MOWA is one of the top museums of regional art in the United States, with over 5,000 works of contemporary and historic art by more than 350 artists.

Upcoming Handmade for Home: The Craft of Contemporary Design

View furniture, fixtures, wall coverings, and other items created for the home by many Wisconsin artists. Additional details to be announced soon.

After lunch from 2:00 PM – 3:30 PM we will meet at the **Museum of Wisconsin Art** and enjoy a docent led tour which features artists from Wisconsin and/or who have painted pictures of Wisconsin. The Museum always features art pieces from the Smithsonian Institute. The Museum has an elevator and visitors receive a complimentary 1-year membership and 10% off day-of gift shop purchases. This will be a fun day with options to stay overnight and enjoy an evening in the community

This event is coordinated by the Wisconsin Cluster

Retiree Luncheon

Tuesday August 20th



Hackneys on Lake Street, Glenview, IL, with its big white columns out front. Hackney's on Lake looks kind of like a courthouse. But nobody ever had this much fun in court. At least not legally. Complete with big, roomy dining rooms, a great circle bar and a charming outdoor patio, Hackney's on Lake is the perfect place.

More detailed information will be sent prior to the scheduled event. Mark your personal calendar to reserve the date. For more information check out; <https://hackneys.net>

This event is coordinated by the Town & Country Cluster

FALL, 2019

EAST TROY, WI ELECTRIC RAILWAY LUNCHEON

Thursday, September 12th Meet at the East Troy Railway Museum at 11:30 AM



Join your YMCA Alumni retirees and friends for a luncheon ride on the East Troy Electric Railway. Step back in time for a 2 hours to experience life when it was a little simpler. The historic rail cars travel a 10-mile trip through beautiful Southeast Wisconsin. We will board at the depot in East Troy. Meander through the depot museum where you can be a trolley motorman, discover the joy of model layouts and learn about electricity. The gift shop features a unique selection of railroad souvenirs for all ages. The price of a lunch charter is \$60 per passenger. **Registration will take place in May as Railroad requires long lead time for charters.** Your menu and entree selections are required four weeks before our charter. Beer, wine, and soft drinks are available from the bar.

This event is coordinated by the Wisconsin Cluster

The Chapter Fall Luncheon and Annual Meeting is tentatively scheduled for October 9, 2019, starting at 11:00 AM with the restaurant to be determined.

Mark you calendar's to reserve the date. This event is coordinated by the Chapter Leadership

Retiree Luncheon

Wednesday, November 13th



A comfortable family owned Steak House in Dupage County, serving traditional American Cuisine. Home of the King-sized cocktail! Gather at 11:30 in Raymes in Lisle, Illinois

More detailed information will be sent prior to the scheduled event. Mark your personal calendar to reserve the date. For more information contact Dave Bast.

This event is coordinated by the Town & Country Cluster

VETERANS DAY GATHERING at the Starved Rock Lodge in Utica, IL

Friday, November 8, 2019 11:00 AM - 2:00 PM



Continued on next Page

Join us at the beautiful Lodge in Starved Rock State Park as we gather in the colors of fall to commemorate Veterans Day and share our summers news and stories with each other. We also take this opportunity to recognize and welcome newly retired Y Staff and welcome them. Later we will go to the dining room and enjoy and enjoy lunch ordered off of the menu. After lunch you may continue your conversations, hike in the park or travel home. However, some may want to extend the visit by staying overnight in the comfortable rooms available in the lodge (advance reservations will be necessary).

Starved Rock Lodge may be accessed at www.starvedrocklodge.com or by calling for reservations at 815/ 667-4211 or 800/868-7625. *(Do this very early)*

This event is coordinated by the Illini Cluster

ANNUAL CHAPTER CHRISTMAS CELEBRATIONS

Each year our members anticipate the enjoyment and enjoy the gatherings for our annual celebrations of Christmas and the opportunity to enjoy the company of other YMCA Alumni. Due to unpredictable weather and road conditions, we celebrate twice for the convenience of all. You're invited to attend either or both gatherings. Registration material is available in early November and has a deadline by months end.

Wednesday, December 4th Gathering for Christmas Brookdale Senior Living, 60 North Nicoll Ave., Glen Ellyn, IL



Back Row: Pat Nelson, Larry Hemdal, Jerry Prado-Shaw, Bob Heger, Mary Ann & Jim Furrie

Second Row: Marilyn Burdett, Tippi Friedrich, Carol Hemdal, Martha Prado, Ralph Wood, Joan Holland, Kathy Nelson, Mary Glen, Tom Scott

Seated Back Row: Mary Ann Sommers. Jean & Dave Bast, Alta Thiel

Seated Front Row: Gloria Patinos

Coordinated by the Town & Country Cluster and Illini Cluster

**Wednesday, December 11th Wisconsin Cluster Gathering for Christmas
Davians Banquet Facility, N56W16300 Silver Spring Dr., Menomonee Falls, WI**



Back Row - Pat & Peggy Thornton, Inez & Clark Koechel, Jim Furrie, Bob Reinke, Rick Gattoni, Bob Heger, Hector Montoya

Second Row - Dick Campbell, Angie Rester, Mary Ann Furrie, Jane Reinke, Wendy Handrow, Denny Handrow, Pat Gattoni

Seated Front Row - Marilyn Campbell, Dianne Warrick, Barb Hinowicz

This event is coordinated by the Wisconsin Cluster