

The Florida Connection Sandpaper

March 2021 Volume 83 Issue 4

ymca
ALUMNI
connect ▼ travel ▼ serve

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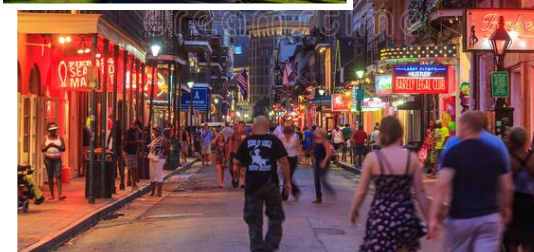
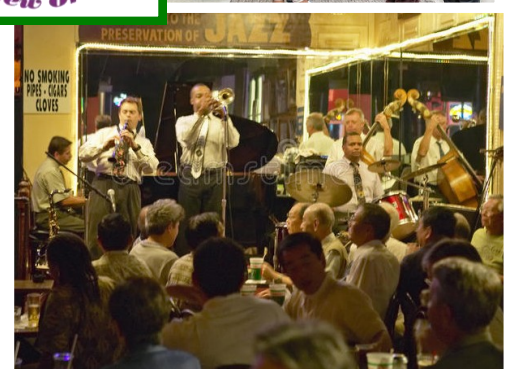
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The Florida Sandpaper is the newsletter of the C. B. Willis Chapter of YMCA Alumni and is published six times a year.

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"Laissez Les Bons Temps Roulet"



"Way down yonder in New Orleans"

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

Messages and Reports

Co-Presidents' Message: Larry & Debbie Garvin



Greetings to all! As is our custom... we hope this message finds everyone well. As we've mentioned in the past, we reside in Ocala, which is a city in Marion County...about 60 miles north of Orlando. In our discussions with others who both live in Florida, along with friends in other states, it appears that Marion County has done an excellent job getting folks vaccinated. In our case, we had our first shot on

January 11th with the second shot administered on February 8th. We realize that not everyone desires to get the vaccine...however...if you are one that would like to get the vaccine, we hope you have been successful.

The following is the most current data regarding Y Alumni membership... both nationally, along with our Willis Chapter:

2020

National 1,138 (Units) 1,839 (Members) 1,149 (Units) 1,854 (Members)
Willis 72 Units 42 Units

Feb. 9, 2021

As we type, we are proud to report that 40 of our 42 Willis Chapter members have contributed a total of \$2,525 to the Chapter. Additionally, 27 of our 42 Willis Chapter members have joined National Y Alumni (paying the \$25 dues) along with making contributions totaling \$1,200.

On March 1st, National Membership Office will remove all folks who were members the prior year and have elected not to join National in 2021. A point of emphasis ... keep in mind the benefits of being a National Y Alumni member. Members are eligible to apply for a financial assistance from the EAF (Emergency Assistance Fund; members also receive the hard copy and electronic publication of "The Connection" and the "Travel Club" newsletter. On behalf of the Y Alumni National Board, we believe these are worthwhile benefits.

Moving on to our Chapter news...I am proud to announce that **Cindy Ferguson** has agreed to become the new Willis Chapter Treasurer. Cindy is taking over for **Bob and Janet Ferguson** who have served in that capacity for over 10 years. **Dorothy Markell** has agreed to be our Chapter Secretary. Dorothy is taking over for **Carl Gaite**s who has served the Willis Chapter in multiple capacities, President, Treasurer, etc. **Thank you team Ferguson and Carl, for all that you have contributed.**

While we are discussing Chapter Officer positions...Debbie and my term as Willis Chapter Co-Presidents' will conclude at the end of 2021. Sooo...the Chapter is in need of recruiting/electing Vice President(s) promptly in order to establish a succession order. We want to encourage folks to please consider volunteering to serve in these important Willis Chapter leadership capacities.

With that said...our next Willis Chapter Zoom Meeting is scheduled for **Tuesday March 9th at 2:00 pm**. Hoping to see you on the Zoom Meeting.

2021 Chapter Members Reg-Donors 1/31/21

The following is a listing of 2021 Chapter member registrations and donors as of 1/31/21. If you've responded but your name isn't listed, please let us know!

Adams	Richard
Anderson	Richard & Chelsea
Barker	Richard
Bailey	James & Barbara
Brockway	Robert & Linda
Borton	Tony & Patty
Butz	Judith & Frank
Conklin	Bob & Colleen
Connor	Barbara
Cook	Donald
Cooper	Fred & Linda
Cushman	Jeri
DeGroote	Joseph & Tonia
Dickie	Gene & Mae
Dreixler	Karin
Douglas	David & Suzanne
Dooley	Gene & Denise
Ellis	Edward
Erickson	Stephen & Jan
Fernandez	Maria & Jose
Ferguson	Bob & Janet
Ferguson	Cindy
Frazier	Patricia
Freeman	Millard & Frankie
Gaite	Carl & Alice
Garvin	Larry & Debra
Giacopelli	Valerie
Gomori	Charles & Dorothy
Goyer	Lois
Hart	F. Wayne
Ira	Steve & Cindy
Jacoby	Joan
Kelly	Nancy
Kiziu	Peter & Nancy
Larson	Richard & Kathleen
Leichtfuss	Robert & Joanie
Lieving	Larry & Carole
Mark	Janet
Markell	Dorothy
Martin	Robert & Donna
Mezile	Harold & Peggye
Morgan	Barbara
Murphy	Dorothy
Reeves	Valerie & Tracy
Robinson	Richard & Claire
Remillard	Sarah & Roger
Ryan	Bill & Marcie
Salvatore	Pricilla
Smith	Ruth
Sterling	Janis
Shepherd	John & Kathy
Toot	Fred & Janet
Williams	James & Sudie
Vicenty	Edil
Wortman	Phil & Gail
Treend	Tom & Barbie
Woodson	Maureen
Belliso	Grace & Rob Bethaut
Quinines	Arlinda & Santos
Rieder	Jean
Hennessey	Sheralyn
Mierzykowski	Ken & Ann Marie
Buonpane	Anthony
Rodriguez	Martha

In a biography of Wyatt Earp published in 1931 Stuart Lake, the author, relates that Earp was talking to him about alcohol and boredom in the West and said, "We had no YMCA". Ed Ellis

Columns

Food For Thought

(A recipe for living)

Reverent Joseph DeGroot

(Editor's note: Joe is recovering from some health issues. This piece was written by Max Lucado. Joe, get well soon!)



"I keep trying to reach the goal and get the prize for which God called me"
Philippians 3:14

"Most of my life I've been a closet slob ...

"Then I got married ... I enrolled in a twelve-step program for slob. ('My name is Max. I hate to vacuum.') A physical therapist helped me rediscover the muscles I used for hanging shirts ... my nose was reintroduced to the fragrance of Pine Sol.

"Then came the moment of truth. Denalyn went out of town for a week. Initially I reverted to the old man. I figured I'd be a slob for six days and clean on the seventh. But something strange happened, a curious discomfort. I couldn't relax with dirty dishes in the sink.

"What had happened to me? Simple. I'd been exposed to a higher standard.

"Isn't that just what has happened to us? Before Christ our lives were out of control, sloppy and indulgent. We didn't know we were slob until we met him ... Suddenly we find ourselves wanting to do good. Go back to the old mess? Are you kidding?"

**Click on
ymcaalumni.org**

Who Is Doing What

Dorothy Markell—Correspondant



From Joan Jacoby:

This has been a unique and difficult year for all of us. I have not seen any of my family for a year. And last summer for the first time I was in hot Florida all summer.

Some of my children plan to come to Florida in April. Gail and Dave and Nancy and James both have houses rented on the coast not far from where we used to live in Ormond Beach. Russ and Barb may come also but Susan will wait for a vaccine before flying. We already have plans for next summer in Vermont.

I feel fortunate to live in a wonderful retirement community. Our dining room closed in March but we can order a main meal each day and pick it up or have it delivered.

I'm glad I moved from my house before the pandemic. Here in the quad I have a few friends who are like family and we check on each other and get together for social hour often.

I've managed to keep busy scheduling volunteers in the Fitness Center and at our PET center which makes carts to send overseas. Both places limit the number of volunteers and follow procedures to keep us all safe.

The highlights of my week are often the Zoom call with my children and sometimes my grandchildren and phone calls with many of you.

The **Larsons, Richard and Kathy**, wrote to say that things have slowed down since Kathy broke her femur while carrying Richards kayak. OK there has to be more to this story.

Carl and Alice Gaites must have had no news so they told me that they now have a year old pet kangaroo named Daphne which got loose and ran down the beach in Venice. (Unnnh, sure, Carl) Oh yeah, they are also taking a creative writing class and next week the subject is non-fiction!.

Here in Sarasota we had a visit from **John Mercer's** son, also John, down from Connecticut. There are plans for them to move here - or Venice - permanently. Sure beats the cold winters in New England!

Keep safe and get vaccinated!

Fitness: Balance?

Phil Wortman, Roberts-Gulick Award

What's the scoop on Balance of Nature? Can you get all your fruits and veggies in three little capsules? Here's a little info that may be interesting.

Fruits and Veggies are two containers, one for the fruits and one for the veggies, but they are only sold together as the combined product.

First, the cost of a daily serving (3 of each) is \$2.99 ... that's \$1,091 a year. You



get 30 servings for \$89.95. Add the Fiber and Spice for another \$2,33/day or \$850/year. Total: \$1,941/year.

If you want to do a triple dose, as they recommend to start, you'll

be looking at \$15,96/day.

The ingredients are listed alphabetically. The standard way is to list ingredients by amounts — usually, the biggest by weight are listed first, then the next biggest, etc. By listing them alphabetically the consumer can't determine which fruits and veggies are most prevalent in their formula. That is important information left out.

Minimum Daily Requirement (MDA) percentages are not provided. The label does not even contain common percentage information about carbohydrates, sugars, protein, or fat.

The daily dosage of three pills is supposed to be the same as eating 10 servings of fruits and vegetables. It is hard to believe that a quarter of an ounce of powder is supposed to be the same as 10 servings of actual food. I don't think so.

The fact is that taking a fruit and vegetable pill is not the same nutritionally as eating actual fresh produce, and should not be considered as such.

We are fortunate to live where fresh vegetables and fruit are readily available at a low cost. Both are essential to a healthy diet. Why not eat the real thing?

Editor's Note: Some of the data used in this column came from the "Burning Platform" web page, www.theburningplatform.com.

Membership Features and Benefits



Day in New Orleans at the YMCA Alumni Reunion

THURSDAY: After you disembark from the YMCA Alumni New Orleans Bus Tour, head into the French Quarter with some friends. You are probably getting a little hungry so go to Central Grocery (\$) and get in line to order a half of a Muffaletta sandwich; it's where the Muffaletta originated (it's a peasant-style 8 inch round loaf of bread filled with a fantastic olive salad, mortadella, salami, and provolone cheese ... the "half" will feed two people) and get a Barq's Root Beer in a bottle. There is a place to sit on a stool at a counter in the rear of the store to eat and enjoy ... you may need some extra napkins.

If you're not into trying a Muffaletta, continue on down the street to the open French Market and try one of the many food vendors for oyster or shrimp po-boys on crisp French bread and gumbo before browsing through all the local merchants selling their wares ... great place to get T-shirts and other nick-knacks and souvenirs.

As you make your return back towards the Jackson Square area you'll want to stop and shop in the various shops along the way ... lots of interesting things. Stop in one of the pralines stores and try one of those decadent morsels.

You can check the waiting line as you get to Café du Monde – it should be getting a little shorter ... if so, it would be a good time to hop in line and get a hot cup of café au lait and beignets ... if not, head on over to stroll around Jackson Square stopping at The Cathedral-Basilica of Saint Louis, King of France, also called St. Louis Cathedral, the seat of the Roman Catholic Archdiocese of New Orleans and is the oldest cathedral in continuous use in what became the United States. Go in if it is open, it is spectacular. You may wish to light a candle for some special person.

You may want to stop at the Cabildo, the Louisiana State Museum beside the Cathedral. It was built around 1795-1799

following the Great New Orleans Fire of 1788 and was the center of government until 1853. It is worth the visit.

As you finish enjoying all the activity and art displayed around the square, it may be a good time to climb the steps of the overlook to get a picture of the famous view of the Cathedral with Jackson Square in the foreground.

Then go down the back steps, cross the tracks and over to the "Moon Walk" and stand overlooking the Mississippi River. No, the "Moon Walk" does not refer to walking along the river in the moon light ... it is so named after a past New Orleans Mayor, "Moon" Landrieu.

It should be about time to head back to the hotel. You can hop on the red Riverside Street Car which will take you along the river back to the Julia Street stop by the Convention Center where it's about a few blocks walk on Julia Street back to the hotel; or, grab a cab or Uber for a ride back.

Back at the hotel, kick your feet up, relax and begin getting ready for the hotel's hospitality social time and your reservations for dinner at one of the many excellent and memorable New Orleans restaurants like the Jazz Room in Arnaud's overlooking Bourbon Street in the Quarter. A cab or Uber will take you there. When you enter Arnaud's ask the Maitre d' for a tour of the restaurant and the Marti Gras Museum in the restaurant's basement. Then settle back for a little music from the jazz trio as you experience fabulous classic Creole/French Cuisine.

After dinner you'll want to walk down Bourbon Street to "see the sights" ... perhaps stopping off at Pat O'Brien's. Go through the carriage way into the Patio Bar and enjoy a little refreshment by the "Flaming Fountain;" or, try the Piano Lounge for a rollicking fun time – a Hurricane is a must!

There is more to do ... just depends on you and how late you want to stay out ... this is the "City that care forgot!" You may want to head on back to the hotel to get a good night's rest if you've made Friday morning's reservations for a quintessential breakfast of Eggs Sardou, Milk Punch and flaming Bananas Foster at Brennan's to jump start another incredible day exploring the "Big Easy."



Editor's Note: Due to the impact of COVID 19 on the restaurant and tourist industry in New Orleans full details of the YMCA Alumni Reunion schedule won't be available until later on in the year ... but put the dates on your calendar. This is going to be one fantastic reunion in a phenomenal city.

Words and Phases of New Orleans

- "Fais-do-do:" Refers to a Cajun party. Term means, "Go to sleep," used by mothers when they put their children to bed before going out dancing.
- "Krewe." Old English word for "crew." Refers to a Mardi Gras organization.
- "Where y'at." You are being asked, "How are you doing ... some will add "Dawlin'."

C. B. Willis Chapter Members Info

I'm late!



***If you haven't
registered yet
PLEASE
do it today!***

C. B. Willis Chapter of YMCA Alumni Association Membership Registration and Donor Form for 2021

Name(s) _____

Address _____

City _____ Zip _____

Preferred Telephone _____

Email _____

C. B. Willis Chapter Dues\$ **FREE**

Donation to C. B. Willis Chapter\$ _____

- \$25—Partner Level
- \$50—Donor Level
- \$75—Sponsor Level
- \$100+—Entrepreneur Level

National Dues \$25.00.....\$ _____

National Membership is **FREE** for the first year.

Please make your C. B. Willis Chapter Donation check payable to:

C. B. Willis Chapter

Please make your National Dues/Donation check payable to:

YMCA Alumni

Detach and Mail to:

Cindy Ferguson

6506 Stone River Road

Bradenton, FL 34203

Chapter ZOOM Mtg. Tuesday, March 9th 2:00 PM

We hope that as many members as possible attend this meeting. It's a business meeting as well as an opportunity to touch base with old friends and past colleagues ... and may be **one of the most important meetings** we've had in a long time.

Agenda items will focus on **identifying new chapter leadership**, planning **future chapter activities**, and examining the results of **returning to free chapter membership** registration and request for donations ... and bring some ideas for future "in person" chapter meetings. You'll enjoy the fellowship.

Please decide to attend the Zoom meeting. We'd love to have a big turnout. COVID 19 has really put a lid on chapter activities. We've missed getting together, and we've missed getting to know those of you who have joined over the past year or so.

If you haven't Zoomed, it is so easy! You will get the Zoom Meeting notification on your email. Save it. On the day of the meeting, click on the long line of blue underlined letters beginning with "http:" under the "Join Zoom Meeting" a few minutes before 2:00 PM... then follow the prompts to join the meeting. Make sure your device sound in on.

We really need **as many as possible to attend** ... please put it on your calendar. **Thank you!**

Editorials and Events

Editorial: Equity In YMCA Programming

Phil Wortman, Sandpaper Editor, Stahl Award

The term "Equity" forms the underlying objective of the current Y-USA policy as it proceeds through the process of developing a path for the future. Y-USA defines equity as "the guarantee of fair treatment, access, opportunity and advancement for everyone, where individuals are not at a disadvantage from achieving their potential because of their background or social position."

The dictionary definition of equity is "The quality of being fair and impartial." Equity implies the setting of standards from which a fair and impartial judgment can be made. It also implies that for equity to occur there must be a desire to conform to meet those standards by both the participant and the society driven entity.

Fair treatment isn't possible until the standards are set as to what is fair ... e.g., Are the standards the same for everyone, or does "fairness" mean changing the standards for some while providing the same end result received by those who have met the standards? Applying equal standards and treatment is equity.

Access implies inclusion. Again, until standards are set there aren't any measurement indices either to provide or deny access ... e.g., If there aren't access standards, then anyone can participate at random and without activity restrictions. Access standards determines participation standards, and denies participation to those who do not meet the standards. Membership, by definition, means setting access and participation standards.

The hidden aspect necessary to achieve fair treatment, access, opportunity and advancement is the commitment by the participant and organization to employ standards in order to achieve a desired outcome. It is a two sided coin (a one sided coin is an impossible phenomenon). Neither the organization nor the individual can achieve the objective alone.

Some will not be able to meet the standards to participate. Fair and just standards will deny access, but such standards do not deny the individual's opportunity to work towards achieving standards for access and advance one's human potential. An old saw – "learning takes place through trial and error" – is true ... it takes the recognition of failure as a teaching point to achieve success.

If standards can be negotiated to provide an advantage by bypassing standards, equity becomes appeasement and value dissipates. Systemic inequities occur in many forms in all society driven entities; however, easing or bypassing standards to address systemic inequities results in the degrading and devaluing of achievement and the society driven entity.

Programmatically "equity" means: (1) Determining the fundamental need to be addressed; (2) Determining the organizational standards necessary to address and resolve the need; (3) Determining the individual's desire to achieve the standards to participate; (4) Providing the opportunity for individuals to achieve the standards and participate; and, (5) Executing the program in an equitable manner.

The YMCA can best address systemic inequities and foster equitable behavior by providing life enhancing, high quality programming that requires personal responsibility to achieve equitable program standards for the purpose of building morally responsible communities and developing individuals to reach their highest human potential.

Minutes: December Zoom Mtg

Dorothy Markell, Acting Secretary

A Zoom meeting was held Tuesday, December 29th at 3:00 PM for the Willis Chapter.

Attending were **Larry Garvin, Bob and Janet Ferguson, Phil Wortman, Don Macher, Pat Frazier, Carl Gaites and Dorothy Markell.**

The Fergusons gave the finance and membership report. The membership is still coming in and the finances are up. We have 37 who have renewed their membership for 2021 as of the end of the year. However few of these members show any interest in any leadership roles and we have a need for someone to be Treasurer, Vice President, and future president. Please consider volunteering.

Financially, 2020 Starting Balance was \$2,548, and Membership Income was \$3,300 for a Total of \$6,248. Expenses were \$1,853 giving a fiscal year Cash position of \$4,395.

We had an extensive discussion about the membership fees. The question was whether we should have dues for the Chapter or have it free to all and ask for donations. There was much discussion back and forth but in the end a free membership was the plan decided. In this year of COVID where we can't get together anyway, it's hard to attract new members.

Nationally there were 1219 membership units in the Y Retirees. In 2020 there were 1122 units. Membership is dropping fairly rapidly across the country. Larry said he was told to expect about 125 for the triennial reunion in New Orleans in January of 2022. There are 400+ Y retirees in Florida, Over 300 have been retired for over 10 years.

We decided to meet again by **Zoom on Tuesday, March 9th at 2:00 PM.**

Meeting adjourned at 4:15.

Jim Bailey Passes

Long time C. B. Willis Chapter member, James Bailey passed away on Wednesday, February 10th, at his home in Penny Farms, FL with his wife Barbara by his side. Jim was an active chapter participant in the early years of his retirement. Please keep Barb and the family in your prayers.



YMCA Alumni Reunion Committee continues in planning the event.

Yes, planning is ongoing for the YMCA Alumni Reunion in New Orleans. The planning committee met by Zoom on January 26th to firm up hotel and activities schedule. The next Zoom meeting is March 24th. Hopefully some of the COVID based issues affecting the planning for the reunion will have been resolved by then. Here is a little “inside info” on what’s being planned to date.

The Embassy Suites has been secured as the host hotel. It is in the warehouse district and convenient to everything. Besides that it has a free “cooked for you” breakfast—“How do you want your eggs, Ma’am?” Add to that a great free adult beverage happy hour reception each evening with great hors d’oeuvres and lots of fellowship—but don’t eat too much ... save room for dinner. It will be a great hotel for the event!

The reunion will begin with check in at the hotel preceding the first session which begins at 1:30 PM on Wednesday, January 12th. It will feature the official welcome to New Orleans, a review of the reunion schedule and several interesting presentations concluding just in time for the evening reception.

Wednesday’s dinner, which is included in the registration fee, will be at Mulate’s, a true New Orleans Cajun Restaurant that’s just walking distance from the hotel. More info later, but I “guarantee” good food and good fun! It will be a “fais do-do!”

Thursday begins with a group bus tour of New Orleans and Mardi Gras World, ending up in the French Quarter. Now the fun really begins—see page 4 for some great suggestions!!

Friday morning is open for more sightseeing. After lunch two sessions are scheduled in the early afternoon. It will be a time to relax and enjoy more group fellowship. Friday night is open to schedule dinner with some friends at another fine New Orleans restaurant. Lots more info to follow.

Saturday officially wraps everything up. However, many will have booked the YMCA Alumni Cruise leaving on Sunday aboard the Norwegian Cruise Lines (NCL) Breakaway sailing from the Port of New Orleans to the Caribbean and back to New Orleans. Check it out and join the group.

Extend your winter getaway by joining your YMCA Alumni Travel Club Caribbean Reunion January 16-24, 2022

Welcome aboard Norwegian Cruise Lines (NCL) Breakaway as we cruise from The Big Easy to Costa Maya, México; Harvest Caye, Belize; Roatán, Honduras; Cozumel, Mexico and back to New Orleans.

We’ll be sailing from the Port of New Orleans, just half a mile from the Embassy Suites, our YMCA Alumni Reunion hotel.

No meetings, no nothing but fun at sea and in ports. There’s something on board for everyone.



Breathe in the fresh ocean air and connect with the sea like never before along The Waterfront, a quarter-mile oceanfront promenade lined with restaurants, bars, and spectacular views.

Indulge in more than 25 dining experiences, including three new, dedicated seafood venues. And enjoy dazzling performances. Norwegian Breakaway offers magnificent amenities at sea.

All trips must be booked through GoTravel. You may email Bob Cook at bobc@gotravel.com, or call him at (407) 774-7730 for more information. He has all the details and can help you book.

Fergusons retire as Treasurer: Ferguson to be new Treasurer

Yes, you read that right. After almost a decade, **Janet and Bob Ferguson** are stepping down as the Willis Chapter Treasurer. Taking up the responsibility will be **Cindy Ferguson** (not related)

Cindy has graciously volunteered to take over the Treasurer’s duties beginning at the conclusion of the 2021 membership registration/donor efforts. The transfer of bank accounts, member records, etc. will occur during the interim period.

A MAJOR “THANK YOU” to Janet and Bob for the great job they’ve done, and to Cindy for stepping forward to take over the responsibilities.



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 (wortmanii@aol.com) so you won't be left out.

Your YMCA Alumni Association

History



History of the YMCA Logo (Remember them?)



1881— The Ninth Conference in London approved the first logo.



1896— Logo is simplified and second ring is added. It remains the **YMCA's Official Emblem**.



1891—Luther Gulick proposed the "Spirit, Mind, Body" logo.



1897—The "everyday" logo for 70 years.



1895—The triangle was added to the World Alliance Insignia.



1967—Created and trademarked the triangle and bent bar.