

The Florida YMCA Retiree's Connection

Sandpaper

September 2023 Volume 85 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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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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Annual Meeting and Get-together **Orlando** October 3-4, 2023



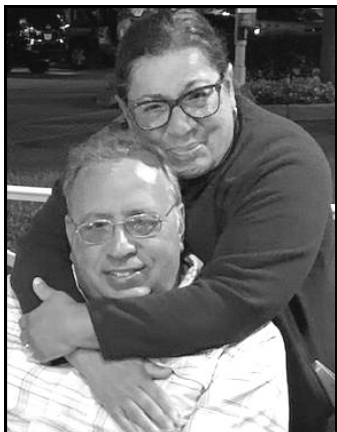
REGISTRATION FORM INSIDE

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

Messages and Reports

Co-President's Message:

Arlinda Quinones/Mike Santos



Life Events: You Never Know When They Will Happen and How It Affects Us"

Celebration of Life:

We lost one of our own recently. This past May 5th, Carl Gaite departed from us. We attended the Celebration of Life service for Carl in Sarasota along with Dorothy Markell and Pat Frazier. Carl had been a Y Alumnus for

decades and was well known and loved by everyone. We certainly miss Carl and his unique style of dress, particularly his pants and shorts. We will keep things going down here Carl, so please put in a good word or two for us up there!

Happy Trails Friend:

Our sincerest thank you to Donna Fredricksen, our current Treasurer, who has been doing an excellent job is moving – to Oregon – so this is a call for candidates; it's an important role in the chapter. We will need an interim treasurer through December 31, 2023. This interim person can also decide to continue on for the next two years.

Mental Health Awareness – Looking out for and helping one another:

Mike and I recently had our hands full helping one of our young adult nephews navigate the mental health system when he suffered a psychotic crisis with auditory hallucinations at the center. He had to be held at a crisis center to monitor his behavior as well as prepare him to resume his life again. We don't know which friend or family member may be suffering alone so let's do our part today to reach out to a friend or a loved one and see how they are doing. Life events come and go but how we deal with it has long lasting effects on those around us.

We're looking forward to seeing everyone in Orlando in October.

Please remember: The C. B. Willis Chapter YMCA Alumni Association considers all Y retirees living in its service area as General Chapter Members as a free benefit of their Y service and Y retirement. We welcome you to join us.

ymcaalumni.org

Annual Meeting Headliners!

Bringing You Our YMCA National, Regional and Local Leadership



James Kirschner, Chief Strategy Officer of the YMCA Retirement Fund,

James G. Kirschner is the Fund's Liaison to YMCA Alumni and works with the Fund's Trustees and Senior Management to formulate and track long-term strategies and to ensure that current objectives are in support of the Fund's Vision, Mission, Values, and Guiding Principles.

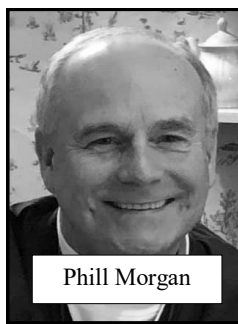
James also provides leadership in the area of Enterprise Risk Management. He is responsible for tracking and analyzing constituent statistics within an overall focus on providing data for decision-making.



Kevin Bolding

Kevin Bolding, CEO/President of the Central Florida YMCA,

Kevin Bolding joined the YMCA of Central Florida as President & CEO in September 2021. With nearly 30 years of service to the YMCA, Kevin has served YMCAs in Lynchburg, VA; Detroit; Miami; and Pittsburgh. In Pittsburgh, he served as a District Vice President and Chief Operating Officer before his promotion to President & CEO in May 2016.



Phill Morgan

Kevin currently serves on the YUSA

Board of Directors, the National Committee on Membership Standards (NCMS), the International Diversity and Inclusion Committee, and as a coach for the upcoming Multicultural Executive Development Institute (MEDI) cohort.

Phill Morgan, YMCA Alumni East Region Vice President,

Phill Morgan was elected at the General Council meeting in New Orleans in November 2022. The National YMCA Alumni Association leadership structure consists of three regional vice presidents – East, Central and West – with rotating three year terms.

Phill retired from YMCA of the USA staff in 2013 after working for the YMCA since 1969. He has served seven YMCAs beginning as a lifeguard/pool manager, Physical Director, Branch Executive Director, CEO and National YMCA Resource Director for YMCAs in North Carolina. He is a member of the Weatherford Chapter.

Phill served as past Vice Chair of the National APD/AYP Board, past Chair of the National EAF Committee, past Chair of the Carolinas APD Chapter, and past Chair of the Weatherford Chapter of YMCA Alumni.

Columns

EDITOR'S NOTE:

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!

What Christ asks.

Wilford T Grenfell, "The Treasure Chest"

The best definition of faith that I know is that it is reason grown courageous. Moreover, that is all that Christ asked us for, and the reason he asked us for that was because he wanted to use us. He wants our help.

It is almost impossible to believe it, but God Almighty wants our help, so Christ tells us. Theoretically or mathematically this is unintelligible, that God should want human help. But this is the bottom of all Christ's teachings.

The faith he asks for is not to understand him but to follow him. By that and that alone can man convert the tragedy of human life, full of disappointments, disillusionments, and with so called death ever looming ahead, into the most glorious field of honor, worthy of the dignity of a Son of God.

What Christ asks is that we shall try it out. He actually dares us to follow him. In that way, he says, you shall win that prize in life, for which any man can with perfect reason afford to give everything else.

Who Is Doing What

Dorothy Markell—Correspondent



Bob Martin writes that he and **Donna** took the whole family on an Alaskan Cruise to celebrate their 40th wedding anniversary, plus went to Italy. He sent

a bunch of photos, but the one in front of the Leaning Tower of Pisa could make you dizzy.

Phil and Gail Wortman wrote that they attended the Florida AAU Spring Gymnastics Championships at the Tampa Convention Center to participate in the awarding of the **13th Annual Eddie Wortman Florida AAU Gymnastics Senior Scholarship Award** to high school seniors who qualify to assist them with continuing their education. This year 14 gymnasts received the \$500 scholarship award. Eddie was the Gymnastics and Special Needs Director and coach at the Tampa Interbay YMCA and passed away in 2009 from cancer at the age of 47. The scholarship is funded by Florida AAU Gymnastics as a tribute to Eddie's life and dedication to children.

I see **Pat Frazier** most Sundays in church as she is a head usher. She wrote an email to say that she had no summer travel plans but has made reservations to go to Virginia in September to visit her best friend **Ilse**. They have plans to visit friends in Maryland and then taking some day trips. While she doesn't have a lot of trips planned, she runs a Wednesday morning hour where they enjoy coffee and donuts and hear from the directors of the facility about future plans. Pat is hoping to see you in Orlando at the meeting.

Gene Dickie dropped a note to say that in April he ruptured his

(Please see "What" page 4)

Fitness: 3 Inches

Phil Wortman—Roberts-Gulick Award

You've seen it advertized on the TV. It is the LegXercise PRO. According to the advertisement it uses its patented Walking Simulator Propulsion Technology to help soothe discomfort and promote healthy circulation the natural drug-free way.

A typical man's walking stride or step is 2.5 feet. A woman's average stride is 2.2 feet. However, the LegXercise Pro moves the foot about 3 inches ... yes, just about 3 inches. They call it a "step" and promote the action as 70 "steps" per minute. 70 "steps" at 3 inches per "step" computes to going 210 inches or 17.5 feet or going 5.83 yards!

They proudly promote 4,200 "steps" per hour. At 3 inches per "step" that computes to 12,600 inches, 87.5 feet or about 29.1 yards.

They state that 4,200 "steps" is the same as walking 1.7 miles. For their claim to be factual each "step" would have to average 2.13 feet. Instead, at the rate of 3 inches per "step" it would take 35,904 "steps" or 8.54 hours to make the 1.7 miles.

Now, let's examine that "step." There is no lifting the foot off the apparatus and the only weight bearing is that of the leg from the knee to the foot (the thigh is supported by the chair), so the "step" becomes a 3 inch "shuffle," if anything at all.

No muscular contraction is initiated to make the movement. There isn't any transfer of weight from one foot to the other. The machine does the work. No energy is expended ... no caloric cost.

(Please see "3 Inches" page 7)



LegXercise PRO

Membership

What

(Continued from page 3)

Achilles tendon on the tennis court. He's had surgery and physical therapy plus three months of rest since. He is now on the mend with plans to go to Minnesota.

Carole and Larry Lieving report that they are happy to report they are enjoying good health after a few too many months of health challenges. In September they will be heading for Los Angeles to visit their youngest daughter and family. Then in October they are looking forward to the Y Retirement meeting in Orlando quickly followed by a trip to Des Moines for a three week visit with Carole's sister and brother-in-law which will include a University of Iowa football game. For the Christmas holidays they will travel to Dallas and then Mexico. Thank God for good health.

Larry and Debbie Garvin are still in the process of finishing to build their new home. Larry took on the job of being the general contractor (what a task to take on) and says that right now the main problem is getting people to do the various jobs that need to be completed.

John and I are planning a short vacation in Cedar Key mid August. We will be joined by friends from Ridgewood who will also be there. The plan is to have clear skies so we can see the Perseid Meteor shower. Yeah, here's hoping.

Editor's Note: This column is the "must read" of the entire newsletter ... it is the personal connection between each of us as Y retirees, BUT to be that connection we need you to share your activities and happenings. So when Dorothy reaches out asking "Who is Doing What" for the next "Sandpaper" please jot a quick text note or email to her for her to share. Thank you!

EAF Policy Change

For nearly a century the Emergency Assistance Fund (EAF) has provided financial aid when an accident, illness, death of a loved one, disaster or other crisis strikes. Funded by the very people it helps, EAF is possible through the generous contributions of active and retired YMCA professionals.

Effective April 24, 2023 all currently Y staff with 6 months of verified employment in good standing are eligible to apply for an EAF grant. Prior to this policy change membership in YPN (YMCA Professional Network – Formerly AYP) was required for eligibility.

Y retirees remain eligible to apply for a grant if they **have been a member of YMCA Alumni** (Formerly Association of YMCA Retirees – AYR) for at least the past 6 months prior to the submittal of a grant request.

Grants are available for the following needs, with supporting documentation:

- Medical expenses are incurred beyond provisions of health insurance coverage or other related expenses, which result in an extreme economic hardship.
- A catastrophic event such as acts of nature (fire, flood, wind, earthquake, etc.) or other events such as an accident, crime, etc. that results in economic distress.
- An emergency need that is a result of an "unforeseen event" and not from an exercise of "personal choice".

In addition:

- Grants are available for those who meet the eligibility criteria.
- A person may receive only one grant within a 12 month period.
- Grants of up to \$2,500 are awarded with the supporting documentation.
- Decisions are typically provided within 15 days from the date of application.

How To Apply for a Grant.

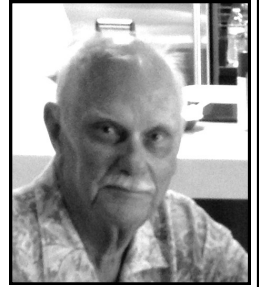
- Grant applications can be initiated in two ways: by an individual employee experiencing financial hardship or by an employee on behalf of another employee.
- Applications are accepted via Y-USA's SmartSimple online application system (yusa.smartsimple.com).
- Please send any questions to EAF@ymca.net

Carl Gaites

"One of the good guys" describes **Carl Gaites**. Carl passed away May 5, 2023 with his family by his side.

Carl and his wife, **Alice**, were long term members of the Willis Chapter with Carl editing and publishing the chapter's newsletter which he so aptly named "The Florida Sandpaper," for over 10 years.

His wit, leadership and outgoing personality will be sorely missed! Rest in peace.



Two Important Dates

**Comfort Suites
Special Rate
Reservation Deadline
Monday,
September 11th**

**Willis Chapter
YMCA Alumni
Annual Meeting
Registration Deadline
Monday,
September 18th**

News Alert:

"The Connection" 8/1/2023

The 2024 Nominating Committee Chair **Dale Packer** announced that current YMCA Alumni East Region Vice-President, **Phill Morgan** has been nominated for National YMCA Alumni President for the 2024-2028 Term. Election will occur on September 14, 2023 General Council Zoom Meeting.

C. B. Willis Chapter YMCA Alumni Assn Annual Meeting and Get-together

Speakers:

Even if you've never attended a Willis Chapter meeting and get together, you'll want to make this one. It starts off with a bang!

Kevin Bolding, the CEO/President of the YMCA of Central Florida, will speak to the group. Kevin joined the YMCA of Central Florida as President & CEO in September 2021. He is responsible for a vast \$40 Million Budget and 18 Y locations spanning from Tavares in the North to Titusville on the East and Kissimmee to the South and West.

James Kirschner, Chief Strategy Officer for the Y Retirement Fund and the Fund's Staff Liaison to YMCA Alumni. will join us and bring us up to date on various strategic issues facing the Fund.

Phil Morgan, YMCA Alumni East Region Vice President is on the agenda and will provide us an insight into new and ongoing projects of our national organization

Add information on the National Service Project, the International Service Corps, new EAF guidelines, great Travel Club opportunities, World Service, etc. Wow, it will be quite an afternoon ... a meeting you don't want to miss!

Other important information to share:

- **Ordering a Panera Lunch Salad is optional.** We know that some may want to grab something along the way or aren't big lunch eaters. It's up to you. Just check your salad choice on the form.
- **Dinner at the Tap Room is also optional.** We really hope you'll join us. Some may want to head back home after the meeting. That's okay, but just plan to stick around for a while and enjoy the fellowship time. Check the "Yes" on the form to make your reservations.
- We've got super rates at the **Comfort Suites** if you're planning to spend the night. Don't miss the **September 11th reservation deadline** for the special rate.
- If you're spending the night, before you head home plan to join the group for the **optional Winter Park Scenic Boat Tour** featuring some of the beautiful lakes, lovely canals and fabulous and interesting homes on the lakes. Catch the **Morse Museum** too. It is worth a "look see."

We've planned the event to fit your schedule. You can choose your participation ... it is all interesting and fun. Hope to see you there.

Comfort Suites Downtown Orlando
2416 N. Orange Avenue
Orlando, FL 32804



REGISTRATION FORM

C. B. Willis Chapter YMCA Alumni Association
Annual Meeting and Get-together
October 3-4, 2023

Name(s) _____

Email _____ Phone _____

Tuesday, October 3, 2023

- **Optional Panera Salad Lunch Order** (Choose one and number desired):
_____ \$20—Figi Apple Salad with Chicken
_____ \$20—Greek Salad
_____ \$20—Caesar Salad with Chicken
_____ \$0—No thank you, I don't wish to order a Salad Lunch
- **Optional dinner reservations at The Tap Room at Dubsdread:**
_____ Yes, please make dinner reservations (Number desired)
_____ No, please do not make dinner reservations

Annual Meeting Schedule:

12:30—Pre-ordered Panera Salad Lunch Served.
12:45—Kevin Bolding, CEO/President,
YMCA of Central Florida
1:15—Phil Morgan, YMCA Alumni Region VP
1:30—Willis Chapter Annual Meeting Agenda
3:00—James Kirschner, YMCA Retirement Fund
3:45—Fellowship Time, Relax and Socialize
5:45—Leave for Dinner: The Tap Room at Dubsdread

Wednesday, October 4, 2023

- **Optional Activities and Schedule:** (Choose item and number)
_____ \$15—10:00 AM Winter Park Scenic Boat Tour
_____ \$5—11:45 AM Morse Museum Tiffany Glass Collection

Enclose a check made payable to C. B. Willis Chapter to cover the costs of the above checked items (Salad Lunch, Boat Tour and Morse Museum)

\$ _____ **Total Item Costs**

\$ _____ **Chapter Donation (Optional)**

Detach and mail Registration Form and check to:

Phil Wortman
5122 Sheffield Road
Lakeland, FL 33813

Registration Deadline—Monday, September 18th

Make your own Comfort Suites Downtown Orlando reservations ... here's how:

Call 407-228-4007 and ask to speak to the **FRONT DESK** to make your reservation at the

Special \$120++ YMCA Alumni Meeting Group Rate.

DO NOT ask for "reservations!" You will be transferred to the national corporate reservations center will be unable to reserve a room at the special YMCA Alumni Meeting Group Rate.

Special Rate Deadline: Monday, September 11th

Editorials and Events

Editorial: Grits

Phil Wortman, Sandpaper Editor and Stahl Award Recipient

Yes, I'm a pure bred Floridian, but grew up in Georgia, so even though some don't consider Florida part of the Deep South, I love grits! Now for you "northerners" (A politically correct woke term for "Yankee.") who've transitioned to the South, you probably think that grits are like "Cream of Wheat." Wrong, "Cream of Wheat" is just a synthetic northern attempt to create grits and gives grits a bad name. John "Greg" Davidson, a grits expert, compares "Cream of Wheat" to "Elmer's Glue mixed with shredded Styrofoam."

One of the reasons that northerners fear grits is that they don't know how to cook 'em or eat 'em. Cooking is easy. As Al Berry narrates in his "Rocking Chair Chatter" column in the Florida agriculture magazine, "In the Field," his wife's cousin, Kim Strother, says to boil water with salt and a little butter and dump in your grits. Let the grits soak up the water then put the heat to it. When you can stick a pencil in the grits and it will stand alone the grits are done.

Us Florida/Georgian's mostly eat our grits with salt, pepper and butter. How much butter? Al's Aunt Babs, says, "You hold an un-peeled banana next to the bowl of grits, if the colors match, the grits are ready to eat. All you need is to bust an over light egg in the middle of the grits and have a homemade buttermilk biscuit with real butter and thick strawberry jam to use as a "pusher" to sop up the remaining grits as you clean your plate. (If you're a northerner you may want to take a Tums after you finish.)

With a full tummy, you can then ponder some of the useless questions that follow. Did you know that Matt Dillon has a "tell" right before he draws in the opening shot of the old B/W TV show, "Gunsmoke"? Gail (my wife) pointed that out to me. (Yes, if we're not watching sports, we watch the channel with all the old western programs and movies) Right before Matt draws, he pops his right knee ... and he's ready to draw! Why is it that Hawaii, Alaska and Puerto Rico have Interstate Highways? Do people who can't read understand Alphabet Soup? Why is it that when your hands are messy your nose itches? If a person says, "Let me be honest with you," does it mean that they've been lying before? Did you know that a pin pong "smash" can travel at speeds of almost 100 MPH?

At this point, you've wasted enough time reading this, so I'll use Al Berry's column sign off ... "Don't worry about the world coming to an end today. It is already tomorrow is Australia!"

C. B. Willis Chapter YMCA Alumni Annual Meeting and Get-together October 3-4 2023

Annual Meeting Agenda

1. Call to Order and Opening Remarks: Quinones/Santos
2. Invocation
3. Lunch Served
4. Speaker: Central Florida YMCA CEO, Kevin Bolding
5. YMCA Alumni East Vice-President: Phill Morgan
6. Co-Presidents' Appointment Conformation for 2023: Bob Martin
7. Election of Officers for 2024-2026: Quinones/Santos.
8. March 23, 2023 Meeting Minutes: Dorothy Markell
9. Financial Report : TBD
10. Membership Report: Phil Wortman
11. Two Year Growth Plan Report: Phil Wortman
12. National Service Project Report: Harold Mezile
13. Travel Club Report: Don Macher
14. ISC Report: Bob Martin
15. New Business: Quinones/Santos
16. YMCA Retirement Fund: James Kirschner
17. Planning for Future Meetings/Get-togethers: Quinones/Santos
18. Adjourn for Fellowship

Over 3,400 backpacks were stuffed with school supplies as Y staff and volunteers gather for quadrennial event

ATLANTA (July 25, 2023) – Over 4,400 YMCA staff and volunteers from across the country attended the Y's General Assembly of YMCAs last week in Atlanta. Over the course of the four-day conference, attendees were able to participate in a hands-on community service project and give back to the local Atlanta community.

On Friday, July 21, almost 200 participants gathered to take part in a school backpack assembly project at the Georgia World Conference Center. Volunteers assembled backpacks full of school supplies for under-resourced children in Atlanta. Over 3,400 backpacks were stuffed and collected during this full-day community service project.

"Our General Assembly was a celebration of the many ways that YMCAs address social needs and strengthen their communities," said **Suzanne McCormick**, President and CEO of YMCA of the USA. "It comes as no surprise that Y staff and volunteers showed up in big numbers to support the Atlanta YMCA's backpack project. It's what they do every day in communities across the country – help those who need a hand."

ymcaalumni.org



YMCA Alumni Reunion January 26 -February 2 2025

The time is now to be sure you are registered for **YMCA Alumni's Reunion at Sea**, on **Royal Caribbean's *Harmony of the Seas***, and embarking from and returning to the stunning new Royal Caribbean Cruise Terminal in Galveston, Texas. Reunite with friends and colleagues with workshops, speakers, parties and fun shipboard.

Visit three exciting ports of call in the gorgeous waters of the Western Caribbean.

And, **wow** – what a ship! Among the largest and most celebrated cruise ships of all, Royal Caribbean's *Harmony of the Seas* is one of the best known cruise ships in the world. Truly, it is a floating destination. There are 18 eateries on the ship -- nine are complimentary and the other nine are specialty restaurants.

The shows headline the great entertainment onboard. They are included in your cruise fare and you will find Broadway shows, ice skating, water shows in the outdoor Aqua Theater and a whole lot more.

There are four separate salt water pool areas. The Solarium includes two cantilevered whirlpool hot tubs, which extend 12 feet from either side of the ship. Enjoy and find plenty of traditional cruise activities such as trivia, bingo, enrichment classes and more and most are complimentary. You'll love the days at sea.

Your hosts are the West Region YMCA Alumni Chapters and the YMCA Alumni Travel Club.

Day by Day Schedule on the on the *Harmony of the Seas*

Day 1: Embark from **Galveston, Texas**, Royal Caribbean's brand new cruise terminal.

Days 2-3: At sea with all the ship activities and amenities and YMCA Alumni special events.

Day 4: Port day in **Roatan, Honduras**. This beautiful island is home to one of the best diving and snorkeling locations in the world and has a rich cultural heritage that you can explore.

Day 5: Port day in **Costa Maya, Mexico**. Make new friends at the Dolphin encounter located right in the port area. Mahahual Beach has a local feel and offers plenty of food and beverage options as well as local shopping. And much more to do in the Costa Maya region.

Day 6: Port day in **Cozumel, Mexico**. The heart of the island is downtown San Miguel, or "Centro" -- and it's a very safe and easy town to explore on foot, with a large, central plaza park, surrounded by endless restaurants, cafes, bakeries, boutiques, art galleries, markets, and great shopping.

Day 7: At sea, with YMCA Alumni events and many shipboard activities.

Day 8: Disembark in Galveston for your memory-filled trip home.

YMCA Alumni Reunions over the years have been etched in the memory books for good times, great fellowship and endless opportunities to connect with old and new friends.

A special Reunion Planning Committee of West Region Chapter representatives will be led by Region Vice President Carmelita Gallo. We have reserved space and time aboard the ship for meetings and events exclusive to YMCA Alumni. Your YMCA Alumni Travel Club is handling the logistics for the reunion.

Watch for details of special activities planned for YMCA Alumni cruisers on our days at sea, allowing plenty of time for exciting onboard experiences.

Register now to get great prices and, rest assured, that if you must cancel, you can do so until October 14, 2024.

3 Inches

(Continued from Page 3)

The "step" requires little, if any, muscular contraction. Muscle contraction is a necessary action to promote peripheral circulation. Without muscular contraction to move the blood it will tend to pool in various areas. Without muscle contraction there is no muscular strengthening or training effect.

Cardiovascular effect ... really? If there is a clinical cardiovascular effect, it is insignificant at the very best.

What about the ankle and knee joints? Again, the movement is so slight that the benefit is marginal. Little is done to improve the range of motion, or to increase flexibility and joint stability.

If you are buying what they are selling then pull out your charge card to pay \$200+, or maybe it is on sale on Amazon.

Or, you can save that money and greatly increase the beneficial effects of the time you would have spent using the apparatus by sitting in a chair with both feet on the floor and alternate raising one foot about an inch off the floor and stepping forward about 6 inches and then back 6 inches to the starting position ... simply repeat the action with your other foot. Continue alternating feet and try to begin doing it in rhythm.

While this isn't much, it is a heck of a lot better and provides more benefits than having the apparatus move your feet for you!

Alert:
Willis Chapter YMCA
Alumni Membership
Renewal for 2024
coming up next
month.



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



Boy Scouts Excerpt from Marshfield Clinic Health Systems YMCA

YMCA staff members played a key role in the development of the Boy Scouts of America. After Lord S.S. Baden-Powell and others started Scouting in 1907 in Britain, it spread to America, and many YMCAs here had Boy Scout programs around the turn of the century. YMCA and Scout leaders realized that Scouting in the United States needed to be a separate movement, but that it would benefit from YMCA nurturing, too.

Soon it was decided by the Boy Scouts that they needed their own national organization, and in June, 1910, a temporary national headquarters for the Boy Scouts was housed in a YMCA office in New York City. The first National Council office of the Boy Scouts of America was opened in New York City in 1911.

Ties to the YMCA continued for some time after 1910. That year, Lord Baden-Powell and others held the first training conference for Scout leaders, the Scout Master's Training School at the Silver Bay Association, which was well known for hosting retreats and meetings for the leaders of the YMCA movement (the YWCA and other organizations also used Silver Bay for similar purposes). These Scout Master's Training Schools continued for some years.

In 1985, on the occasion of their 75th anniversary, a plaque first given in 1947 was rededicated at Silver Bay by the Boy Scouts of America, in honor of its role in founding of Scouting in the United States.