

The Florida Connection **Sandpaper**

May 2021 Volume

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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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Register on line at ymcaalumni.org!
Click on "Reunion '22" for all the info.
Laisse Les Bons Temps Roulet!
(Let the good times roll!)

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 many of you may be aware by now, we are sad to report that the Willis Chapter of YMCA Alumni has lost a friend, and one of our Chapter leaders...**Joseph DeGroote**. Joe passed away on March 29th. Wow...what an energetic

guy...Joe always had smile for everyone that he interfaced with. Joe will be missed. On behalf of the entire Chapter Membership, we want to express our sincerest sympathy to Tonia and the DeGroote family. May God Bless.

As the Chair of the next YMCA Alumni Reunion, which will be in New Orleans from January 12 -15, 2022, we are glad to report that as of April 23rd, we have 35 people registered for the Reunion. In addition, we have 28 folks who have registered for the 7 night Caribbean Cruise that departs from New Orleans on Sunday, January 16th, 2022. We hope that you will be able to plan for these events in your calendars. To learn more about these 2 events, please go to the YMCA alumni website www.ymcaalumni.org then click on Reunion 22.

Moving on to the Willis Chapter. As of this newsletter, we still haven't planned a gathering for the Chapter. Obviously, we are waiting to see how Florida progresses with the pandemic. We are hopeful that we will be able to schedule an event prior to the end of 2021.

As we mentioned previously....we want to encourage chapter members to please consider volunteering to serve in a chapter leadership capacity. Our term as Willis Chapter Co-Presidents concludes at the end of 2021. At this point, we have a vacancy in the Vice President position...who obviously will become the Chapter President in 2022. Please contact us if you are interested and would like to discuss. We can be reached at 724-355-2875...or...by email at lgarvin@me.com.

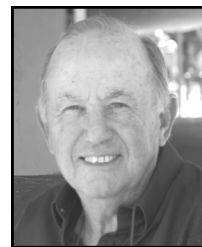
Willis Chapter Zoom Meeting Tuesday, July 13th at 3:00 PM

It has been a long time since we've actually been together, person to person. The main focus of this Zoom meeting will be to initiate the planning for an October event and future "real life" get-togethers. We need YOUR input ... your thoughts and ideas.

We also have to look at chapter leadership needs for the next couple of years. So, PLEASE put this important meeting on your calendar. We'll send out a reminder, and closer to the date we will email the invitation with the URL to click on to join the meeting. It is a simple thing to do, and we always have a good time, even if it is only by electronics. See you then!

Fitness: "...fit or die."

Some 2,000 men were tested at the University of Illinois. 10% were unable to chin themselves more than 3 times, or push-up their body weight in parallel bar dips



more than 3.5 times, or vertical jump higher than 17.5 inches. That was in 1940, leading President Roosevelt to say, "America is soft — our pioneer forefathers had to keep fit or die ...

such may still be the case." Hitler said, "America is soft, it will be easy."

I was looking through some old books and came across "Physical Fitness Workbook—Fit for Democracy... Fit to Fight" by T. K. Cureton (How many remember him?).

I picked it up and began looking through it. It was written as a guide to condition our soldiers in WWII. That's where the above data and quotes were found.

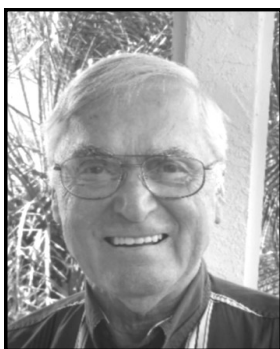
As for the physical conditioning of America's population now compared to 1940, not much has changed except it is probably worse. I would hate to see how today's college age men would score on the 14 items in the Illinois Motor Fitness Test.

You and I are way past those college age times, but the slight re-phrasing of Roosevelt's statement can still apply to us.

As we've aged we've gotten a little (or a lot) softer, and we need to keep as active as we're able to have a good quality of life. COVID 19 has thrown a wrench into our activities. Stay 6 feet apart, wear a mask may be good COVID practices, but can limit normal living activities such as shopping, going to the gym, playing golf, etc.

It is so easy to put off getting outside and walking and doing some simple exercises at home. We know we should, but we don't do it, do we!

Hopefully, soon we'll be able to get back to normal—which is great if "normal" includes being physically active. If not, let's change the paradigm now and begin with a new normal. Our Florida weather is great right now to get started with a walking program. We don't need to "keep fit or die," but to keep fit to enjoy living.



A moment of silent prayer... Rest in peace our friend.

AMEN

... **Joe DeGroote** passed away on Monday, March 29th after a long battle with various health issues. He authored his "Food for Thought (A recipe for living)" for the Sandpaper since it first appeared in this space in 2017. He also served two terms as President of the Willis Chapter. His smile was not phony, his caring was sincere ... he brought his special touch to all that he did. We will all miss a good friend.

If You Remember Me

Jim Metcalf, "In Some Quiet Place"

"I hope, if you remember me at all, it will be for what I was, not for what you would had had me be, or what others thought..

"I hope you will say I knew much of love and loving, and dreaming dreams that stayed alive as long as I did.

"I hope that you will not say that I was strong ... or weak... without elaboration.

"Say I was weak enough to cry when roses died; to smile when others bloomed to take their place.

"Yet, strong enough to be unashamed to admit being gentle.

"Say I often walked my path alone in winter's cold and barren places. Say I played the loner's role, but please add, I was never lonely."

Who Is Doing What

Dorothy Markell—Correspondent



Pat Frazier embroidered a quilt during her Covid confinement. She also writes she had a great 80th birthday as her two sons spent it with her. Not much partying but great time of togetherness. Pat has continued to usher at church on Sundays but wearing a mask and no singing.



Betsy Jacobs reports that she and **Don** live in Orlando, staying close to home but walking, swimming, reading and watching movies. The days fly by, and as a hobby she has raised monarch butterflies in her wild garden that contains milkweed. Many Monarchs fly to Mexico but many stay in Florida because we have a year round food source. She has a netted cage to protect the caterpillars/chrysalis from predators. As of her writing she had 6 butterflies to release and 15 chrysalis to go! Betsy still works part time doing management consulting.

It had been an exciting time for the **Toot** family. **MacKenzie** was born on February 15th - a great granddaughter and the first girl born in the family for generations. And in Tucson, in time for Halloween, there will be a third great grandchild coming. **Janet and Fred's** son has left his job as CEO of two rehab hospitals and a nursing home in Massachusetts to be a COO supervising 3 CEOs in 3 hospitals in Pennsylvania. Fred is busy too as he received his 50 year pin as a Scottish Rite Mason. Janet is still struggling with health issues and will be having carpal tunnel wrist surgery.

From **Dorothy Murphy**: They have been housebound too, and their church services are still virtual. They are still involved with SURE (Sarasota United for Responsibility and Equity) comprising 23 Sarasota congregations and they are on the board. They are also in the Manasota Interracial Book Club and look forward to meaningful conversations. Life is good and they strive to answer Micah's challenge, "It is required we do justice, love mercy, and walk humbly with our God."

Janet Ferguson writes: Last week **Bob** got good reports from all his doctor's - pulmonologist, cardiologist, phrenologist, oncologist, primary physician, and internal medicine. Now we just have to keep going in that direction! We appreciate all the support we've gotten and enjoyed visits from our son's family from Seattle and our daughter and son-in law from NY.

(Please see "What" page 6)

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

Name(s) _____
Address _____
City _____ State _____ Zip _____
Phone _____ 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 (First year is FREE) ...\$ _____

National Donation\$ _____

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

Membership

C. B. Willis Chapter Zoom Meeting Notes 3/9/2021

Zoom meeting was called to order at 2:05 PM by Phil Wortman who assumed the Host responsibilities at the request of President Larry Garvin who could not attend.

Present were: **Ed Ellis, Larry and Carole Lieving, John Shepherd, Don Macher, Jann Sterling, Pat Frazier, Cindy Ferguson, Bob Martin, Fred Toot, Phil and Gail Wortman.**

Wortman opened the meeting requesting a moment of silent prayer for the recovery of Bob Ferguson, Joe DeGroote and Carl Gaites.

Cindy Ferguson was introduced as the new chapter Treasurer replacing Janet and Bob Ferguson. Much thanks was expressed for their service!

Wortman reviewed the membership status as of 2/20/21. We have 58 registered members on the national membership spread sheet and 17 registered members on the chapter spread sheet that are not on the national list. An additional 9 members are listed as "New 9/21" bringing the gross total to 84 Chapter members. Total donations received were \$2,525. Ferguson reported that there have been an additional 3 members join with \$240 additional donations.

Wortman briefly reviewed the results of the three mass Sandpaper email outreach efforts to all the Y retirees living in the Willis Chapter service area. The three mailings of 359 to 374 deliveries had an opening percentage of 48.5% to 53.6%. The last contact with all Y retirees in our service area was 11 years ago. About 275 of the almost 450 living in Florida have been retired for more than 10 years.

There is still a Vice President's opening. Elections for new officers will be held in October as per Bylaws. New officers take office in January. Bylaws need to be updated as last update was in 2013 prior to the national organization's name change to YMCA Alumni.

Bob Martin, chapter representative for the National Service Project reviewed the process for the selection of the project. He anticipates the new project to be revealed in May.

Jann Sterling who sits on the International Service Corps Committee requested someone to act as the chapter's representative to the ISC committee, Don Macher volunteered.

Wortman updated everyone on the 2022 New Orleans Reunion and highlighted some of the plans. He suggested that it might be great for those who are planning to go to get together and have some special Willis Chapter activities. The whole group

was enthused and wanted to do it. (See page 6)

Frazier suggested that we have another Zoom meeting in July to plan the October person-to-person meeting. All agreed and were asked to begin to think of October meeting ideas.

Meeting was adjourned at 2:55 PM.

Membership Registration and Awareness Campaign Data (2/20/21)

The following data reflects the results of the 2020 Membership Registration and Awareness Campaign as of 2/20/21..

Membership UNIT Registrations:

- 47 have re-registered
- 39 donated to Chapter (Do not have additional donor information from National)
- 8 did not donate to Chapter (Do not have additional donor information from National)
- \$2,525 in Chapter donations \$64.75/donor
- 39 Chapter donors x \$25 prior year's dues = \$975 (\$1,550 less than 2021 chapter donations received)
- 34 joined/donated/dues to National (Do not have additional donor information from National)
- \$1,200 in National donations/dues
- 3 did not donate/join National (Do not have additional donor information from National)
- 58 listed on National membership spread sheet
- 84 listed on Chapter membership spread sheet
 - 75 listed not including "New 9/21" listings
 - 9 listed as "New 9/21"
- 17 Chapter members did not re-register
 - 4 Life Members – not required to re-register

Mass Email Awareness Promotion: Of the approximately 450 Y retirees living in Florida about 275 (61%) have been retired for more than 10 years. The last contact made with all retirees in our service area was 11 years ago.

September 2020 Mass Email

Electronic edition of the "Sandpaper"
374 Delivered
200 Opened (53.6%)
40 Clicks through (11%)
172 did not open

November 2020 Mass Email

Special Membership Issue of the "Sandpaper"
367 Delivered
168 Opened (44.9%)
54 Clicks through (13.57%)
196 Did not open

December 2020 Mass Email

Electronic edition of the "Sandpaper"
359 Delivered
174 Opened (48.5%)
80 Clicks through (45.9%)
185 did not open

YMCA Alumni Reunion—New Orleans 2022 —



Suggestion: Ways To Spend Day 2 At The New Orleans YMCA Alumni Reunion

FRIDAY: After a great day on Thursday it's time to get started again today. Breakfast at the hotel, then off to the French Quarter. You and your friends may want to ride the Riverside Street Car by walking over to the Julia Street stop on the river side of the Convention Center. It takes you up along the river to the Quarter. Get off at Jackson Square

It is time to get some serious shopping done, and there are plenty of opportunities! Of course you can head back to the French Market for souvenir items, but Royal Street and Chartres Street are the place to shop and don't forget to look up and down the side streets for specialty shops. Pull out the New Orleans Tourist Guide to help you navigate and choose what you'd like to see. It is easy to follow.

If you haven't scheduled any optional tours or activities, now would be a good time to take a carriage ride ... you can pick from the number of carriages at Jackson Square. It is a leisurely way to view the French Quarter and find out some little tidbits of interesting information.

If not, it is time for lunch. A popular spot is the court yard of The Court of Two Sisters located on Royal Street. It has a good "New Orleans" flair. Walk through the "Charm Gates" and make a wish at the

"Devil's Wishing Well" as you enter the largest courtyard in the Quarter for an enjoyable lunch.

There are many other choices. Acme Oyster House is popular, but Felix's right across the street is just as good and doesn't have the long waiting line.

Or, go to Central Grocery right across from the French Market for the original Muffuletta—a true New Orleans treasure. Just order a half for two people and get a Barq's Root Beer to drink. There is a place to eat in the back.

Finding good food in New Orleans is easy ... just walk down the street!

It should be getting time to head back to the hotel to attend the Reunion activities. You've probably had enough walking and will want to take a cab or use Uber.

After enjoying the afternoon Reunion activities and imbibing with friends during the hotel's hospitality social time, it's time to leave for your reservations at Galatoire's in the Quarter. When making your reservations request the main dining room. You'll need to get a cab or Uber.

It is a local fine dining favorite and "Ol' New Orleans" in every way with the black and white tile floors and long mirrored wall. Their sautéed redfish or black drum with a lump crab garnish is outstanding, or try their excellent and traditional crawfish etouffee.

After dinner you'll probably want to call it a night, but now you know the town. You are right there in the Quarter and Pat O'Brien's Patio Piano Lounge with the dueling piano's is just up Bourbon Street, and Frenchman Street awaits those who want to continue to "party hardy!"

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. Got to do this!



**... and don't forget the
YMCA Alumni Travel
Club Caribbean Reunion
winter getaway cruise
January 16-24, 2022**

Though you are in the deep South it is still a little chilly at times, so head on down into the warm Caribbean on NCL Breakaway to unwind after a real "blow out" good time in New Orleans. It sails right out of the Port of New Orleans, so hop on and enjoy a relaxing time.



Editorials and Events

Editorial: Introspection

Phil Wortman, Sandpaper Editor, Stahl Award

I think the term used is the “Stockholm Syndrome,” when hostages develop a psychological bond with their captors during captivity. Trying to look on the bright side with a little life humor instead of tears, and not to belittle the gravity of the actual syndrome or the devastation of the COVID 19 virus on so many, can I say maybe that’s what I feel? Maybe that’s what you may feel too.

Maybe I’ve developed a psychological tie with the COVID captivity. I’ve grown to kind’a like some of the things I’ve been doing over the past year of being a hostage to the virus.

Fortunately my wife, Gail, is my very best friend, so being with her all day during the social self quarantining is a pleasure, not an issue. We did some things that we’d probably never do under normal circumstances like ordering groceries on line for curb side grocery pick-up. It was an interesting process sitting side by side in front of a computer typing in the product and searching as to the brand and size.

I generally don’t do grocery shopping so it was a learning experience for me. Pretty neat – and, not a bad deal to have someone else do your shopping for you, and at no cost! Of course, we wanted to go in to check out some of the items like meats, fish ... but the curb side made any time inside much shorter.

Ordering the delivery of full dinners including appetizers from some of our favorite restaurants ... a lot different than just ordering pizza, but kind’a fun. We could watch the basketball game (Gail loves to watch sports on TV and probably gets into it more than I do ... I’m a lucky guy) and not miss any of the action because of having to cook.

Talking about watching sports on TV, did you know that college gymnastics, wrestling, lacrosse, and even Cornhole is on TV ... or do you even care? Anyway, add golf, some of the other sports shows, news and the cooking channel and you’ve got our COVID TV schedule. (Exciting?)

Church on line, now that’s different! (Yea, we can stay in our early morning grubbies!) Our church broadcasts its 9:00 AM service on YouTube. Gail sets up the kitchen bar area with candles and a crucifix to make it feel a little more like church. We participate as if we were there, but it isn’t the same; we really miss the personal interchange, but it does fulfill a basic need for a relationship with God.

We just feel so very fortunate to have all that we’ve been blessed with. Others haven’t been so fortunate. Because of the Y Retirement Fund we didn’t have to worry financially; our health has been very good, and we’ve just walked for exercise ... no golf or pickleball; we’ve had new experiences resulting from the pandemic and have reached out to others with a positive note; and, except not having the physical involvement with our friends, our life has been uneventful. We are most thankful! May God have blessed you’all, too.

A personal invitation to Willis Chapter members from Phil and Gail Wortman,

As most of you know, Gail and I spent 20 years in New Orleans during our Y career and we go back each year in our motorhome for at least three weeks to visit friends. We love eating the great New Orleans food!

If you are planning to attend the New Orleans YMCA Alumni Reunion, we’d like to invite you to join us for dinner Thursday evening at Drago’s. Drago’s is where the charbroiled oysters originated (now highly duplicated all over the city). Even if you aren’t an oyster lover, you’ll love these! Oysters on the half shell covered with garlic, oregano, Parmesan and Romano cheese and parsley, put on the grill and spooned with garlic butter (actually poured over the top) so that the grill flames up around them and melts the cheeses. And use French bread to dip in the delicious butter sauce. They also have a lot of other great menu items to pick from. Afterwards, maybe a trip to the Quarter or whatever?

To beat the crowd, on Friday we’ll be going to Mother’s for lunch at around 11:30 AM. Join us if you don’t have a tour or something else planned. You may have to stand in line but the food is worth it. It is very casual and famous for its po-boys like the Ferdi Special and Debris (we’ll explain those to you), and various hot plates like Red Beans and Rice and Crawfish Etouffee’. This is all tentative but ...

If any part (or all) of this sounds good to you, send me an email letting me know and I’ll start putting the plans in motion. Email is wortmaniii@aol.com

Les bons temps roulet,
Phil and Gail

P.S. Let me know if you’re arriving early on Wednesday and join us for lunch at around noon at one of the great bistros close to the hotel.

What

(Continued from page 3)

Larry and Carole Lieving wrote: We have spent a freezing month and a half in Iowa helping my sister through “long Covid “ and my brother-in-law through a knee replacement! Now both are in good shape and we have enjoyed having them with us for several weeks! They are finally warmed up! Next we head to Texas for a bridal shower...then back to get ready for my oldest grandson’s beach wedding, July 3rd! We’ve had both our shots, and escaped the dreaded Covid! Wishing everyone a return to a more normal life!

And finally, a note from **Dick Gerard** who wrote to say he has been unable to participate in recent years because of functional blindness. Sorry to hear that. His phone number is 352-717-3059. If you know him, why not give him a call.

Lagniappe

Saluted Spinach

Saluted spinach. It is easy and a great salad or side dish with salmon or lamb. Add a little Alfredo cream sauce for a wonderful creamed spinach.

Buy a bag of baby spinach and take off the "tails" ... you'll probably need the whole bag as it will rapidly cook up to a much, much smaller portion.

Melt about two/three teaspoons of bacon grease (I didn't say this was healthy) and add a little olive oil in a 10 inch (or larger) salute pan. Add 4 cloves of coarsely chopped garlic (I prefer to use 4 or 6 full garlic cloves) and salute garlic to infuse the pan oils with the flavor.

Tip: To make the garlic cloves easy to peel and also soften them to eat, break the cloves off the pod and cut off the ends. Put in the microwave for 15-20 seconds. Now you can squeeze them and the peeling comes right off, and they are partially soften for cooking and eating, whole or chopped.

Dry the spinach extremely well. Heat your pan to medium high and dump the bag of spinach into the pan piled high. Using tongs, keep turning the spinach over and over to get a uniform coating/cooking.

After about 15-20 seconds turn the pan off and keep turning the spinach until it is almost at the desired consistency for a salad or a few seconds longer for a side dish. (If you want to add a little warm Alfredo cream sauce, now is the time.) Quickly plate it as it will continue to cook a little in the pan.

Salt to taste. You can squirt a little lemon juice on it if you wish. Garnish with crumbled bacon and cooked garlic. Yum!

Do a Good Deed for the Day

Do your "Good Deed" for the day. COVID 19 has isolated many of our friends ... some getting quite ill from the virus ... many feeling somewhat left out of life. Why not take a moment to drop a friend an email or pick up the phone and give them a call and pick up their spirits.

It will only take a moment but it will brighten up their (and your) day. It shows that you care ... that they are real friends. You'll find that just doing it is more than just a "good deed," but is what friendship is all about.

And don't forget to contact family members who may feel isolated. There's been no hugs or visiting. Why not give them a call or shoot them an email today.

Sioux YMCA Report

The Sioux YMCA, as Executive Director Andrew Corley says, "We were challenged in many ways. I am emotional, amazed, and relieved. We are resilient, and I have so much hope for 2021."

This year's **Annual Work Week** is **June 9-12** at **Camp Marrowbone** to bring it up to ACA, CDC and Tribal Covid 19 standards.

We wonder what Leslie Marrowbone envisioned 50 years ago on the shores of Lake Oahe. 50 years ago is when the Sioux Y made it's stance to youth development with the first ever summer camp. The years have been unique, not without challenges, but with huge reward.

Please contact siouxymca.org or phone 606-365-5232 to help or donate to this special YMCA.

An "At Home" International Experience

Here's your chance to become involved on a personal level, "face to face," with a YMCA Internationally, without leaving the comfort of your own home. Unlike the typical International Service Corps opportunities which require travel to other countries, this program, through the miracle of Zoom technology, lets you make friends with kids in Peru while providing a truly meaningful and enriching experience for both of you!

YMCA Peru is looking to pilot a new "English Club" in which Peruvian children and teens who are studying English can practice their conversation skills in a fun, interactive virtual space. The English Club will strengthen global citizenship of young people through informal conversation, cultural sharing, and interactive activities with *native* English speakers.

Requirements:

- Native English speaker (or native proficiency)
- YMCA training or experience
- Ability to work with children
- Ability to access and support technology platform (likely Zoom) since sessions are all virtual
- Willing to have fun and be creative

Time and duration:

- The English Clubs will meet twice a week, for 45 minutes, from 3:00 to 8:00 p.m. EST.
- Times and dates are to be determined and will take into account volunteer availability.
- Commitment: about 1-2 hours a week.

Interested YMCA Alumni members should contact Lou Falk for further information or application. 860-559-8059 LouF48@aol.com



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



Dr. Thomas K. Cureton, Jr.—Father of Physical Fitness



I had the pleasure of working with "T. K." on several occasions during the late '60s when I was the Physical Director in New Orleans ... yes, I participated in a number of those circular exercise sessions. He was dynamic and demanding, and prided himself on his ability to "wear out" those who tried to keep up with him. (Photo of Dr. T. K. Cureton and Phil Wortman going over an up coming program schedule.)

Here are just some of Dr. Cureton's accomplishments: For 35 years, the foremost lecturer and demonstrator on physical fitness in the United States. Published 1000 papers, books and research monographs in over 40 years; 25 years Chairman, National YMCA Aquatic Committee, developing the YMCA National Aquatic Program (Remember Minnow, Fish, Flying Fish and Shark?); 12 years Professor of Health &

Physical Education and Director of Aquatics (and coach) at Springfield College; 28 years Professor of Physical Education and Director of Physical Fitness Labs at the University of Illinois; first physical fitness lab in the United States. He was also a champion masters swimmer and once held 14 world records. In 1980 he was inducted into the International Swimming Hall of Fame in Fort Lauderdale, Florida; served on the President's Council on Physical Fitness under five Presidents.

For all of us who were part of the fitness explosion in the 70s we can thank Dr. Cureton for being the catalyst to ignite the fire. He led the way for new leaders like Kenneth Cooper, Hans Kraus, Lawrence Golding, Wayne Sinning, Michael Pollock, William Zuti and our own Clayton Myers, et al, to develop the "Y's Way to Physical Fitness" and all it fostered within and outside the YMCA movement. He was truly the "Father of Physical Fitness." and an important icon in our YMCA history.