

September 2012 Volume 75 Issue 1

The Florida Sandpaper

A newsletter of the C. B. Willis Chapter of AYR
Founded in 1936

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It's Perry's In Daytona Again! The view from your room, the sunrise on the ocean ... it is just wonderful.

Walk on the beach, swim in the ocean or in one of the two outdoor pools, relax in the indoor pool and hot tub, overlook the crashing waves at the Tike Bar, lie in the sun with the ocean breeze, enjoy reading in a lounge chair under the shade of an umbrella, laugh and talk with new and old Y friends—hard to beat all that!

Can you believe the great room rate we've got! All rooms overlook beautiful Daytona Beach! It's great to sit on the balcony early in the morning with a cup of coffee and look out over the ocean.

Here is the schedule! Check in on Wednesday around 3:00, then gather in the resort breakfast room at 4:30 to meet with the group. It will be an Italian Shrimp on butter/garlic linguine dinner on the lawn overlooking the beach (weather permitting) at 6:00, followed by time to enjoy some more fellowship.

Thursday morning at 9:15 we carpool to the Ormond Art Museum for a tour and

then tour The Casements. Then, it is back to Perry's for a picnic sub lunch at noon and time to relax and enjoy the beach and pool.

Hospitality room opens at 5:00 (what other time would it open) ... then carpool to a restaurant for dinner.

Friday morning we can gather together at a nearby restaurant for breakfast before heading home.

The \$25 Registration Fee per person includes the Italian Shrimp/linguini dinner, hospitality room and a donation to the Ormond Art Museum and The Casements.

Fresh made donuts, juice and coffee are free at Perry's each morning.

Got questions? Call John Shepherd 386-774-5707 or Joan Jacoby (after 9/15) 904-284-8607.

You can't beat this for a great get-away ... food, fun, sun, fellowship, tours ... what's not to like! Plan to join us for a few days on beautiful Daytona Beach ... did I mention, all the rooms overlook the ocean!

Daytona Beach Registration on Page 5

Co-Presidents Report

John and Kathy Shepherd

The membership campaign is under way for the C. B. Willis Chapter. It's a strong message to each Y retiree within the Willis Chapter radar---"You're The ONE!!" Yes, you're the one we WANT!!



Come join our fun loving band of Florida retirees. The program year starts in October and runs through March with events in Daytona Beach, Orlando, Port Charlotte, and a cruise to the Bahamas. WOW!!

Kathy and I can hardly wait for it all to begin. *The Sandpaper* will offer all the details for each event and we will also have several "Just 4 Lunch"

gatherings all across the state during the year. Come on along and bring a friend or spouse to these great fun filled activities. Kathy and I hope to see many of you again this year. See you all at "Perry's Beach Resort" on October 3rd.

Kathy and I had a pretty good summer. In July we attended the 7th Army Men's Soldier's Chorus Reunion in San Diego, California. Most of these men I had not seen since July 1968 -- 44 years ago. So there was a lot of catching up to do and a lot of singing or rehearsal time together. What a wonderful band of friends from the past. When we come together every two to three years it is like we have never been apart. This was my first reunion, but they have had five earlier ones I could not attend. We sang for a VA Hospital in San Diego and on Sunday we sang for one of the largest Presbyterian Churches in the area. WOW, was that fun.

We also celebrated our grandson's second birthday in Clermont, Florida. He got the usual items from grandpa--a basketball hoop and a junior T-Ball set. He's still too young for a volleyball set--my sport in college. Then things turned for the worst. This past week we laid my oldest nephew to rest. **Rick Adrian** was just 61 years. He lost his battle with lung cancer on August 7, 2012. He now rests with our Lord.

Finally, I'd like to remind all of you how much our chapter cares about each and every YMCA retiree in the state of Florida. Yes, I know several folks that are retired living in Florida that haven't joined the Willis Chapter to date. I offer my personal invitation to join us for one of this year's events even if you are not yet a member---try us and I guarantee that you'll enjoy being with us.

We still have some folks hurting and in need of our prayers and support. Reach out to those you know who need a call, a card or a helping hand to attend or feel part of our Willis Family.

Kathy and I wish you all, Good Health, Safe Travels and God's continued BLESSING!!

From The Beach

Jan Mark, Correspondent

As of this writing we, **Jan and Frank Mark**, are homeless! Yes, we've sold our home, have to be out by mid-September, and are now house hunting! Looking for a place in a 55+ community. We'll send our new phone numbers, house and email addresses to everyone as soon as we get settled.



Bill and Marcie Ryan, Phil and Gail Wortman, and Larry and Carol Lieving have made good use of their RVs this summer. The Ryans took a 6,300 mile trip through the mid-west. The Wortmans left Lakeland on June 8 and returned on August 28 logging over 5,000 miles visiting friends and family. (Phil estimated that they saved a little over \$1,300 traveling in their RV rather than by car.) The Lievings headed out to California for the summer ... we haven't heard back from them yet.

Carl Gaites has spent July recovering from a foot operation for bone spurs and **Alice** is having physical therapy following her knee operation in June. **Bill and Dorothy Markell** are packing their possessions for a move from Hendersonville, NC, to Bradenton.

Walt and Joan Jacoby celebrated their 60th Wedding Anniversary on June 14th. All their children and grandchildren gathered at a state park near Ithaca and had a Lebanese meal. They spent two weeks in a rented chalet in Interlaken, Switzerland, followed by a few days in Copenhagen and a cruise up the Norwegian fjords.

Jeri Cushman kept a promise to herself and took the Grand Circle River Cruise, the Great Rivers of Europe. She is still in the recovery phase from her back surgery and thanks everyone for their cards and prayers.

(Please see Beach on Page 6)



Your Family Needs You!

The economy is tough! No doubt about that. When friends or family are facing a financial hardship, it makes it even tougher!

That's where EAF comes in. It is there to provide that immediate financial assistance that can make such a major difference when a crisis occurs.

EAF isn't just another charity. It is a "port in a storm" for those of us who have spent our lives serving the Mission of the YMCA. It's a "family thing."

Y retirees who have been AYR members for six months or longer are eligible for EAF grants. That's important because it's during the retired years that a financial crisis can be the most devastating.

The mid-year report shows that all the AYR chapters have increased their EAF contributions over last year except for two. The C. B. Willis Chapter has increased from 32 pledges for \$4,315 to 39 pledges for \$4,455 ... a marginal increase.

Nationally, the number of pledges have grown from 402 for \$41,649 to 618 pledges for \$61,337 ... an improvement of 216 pledges totaling \$19,688. Y retirees are hearing the need and responding; however, EAF grants are exceeding the increased contributions.

Most of us are the fortunate members of the Y family. Our health is fairly good. We aren't in financial need. But one untoward event could change all that! EAF would be there to help!

Last year the over-all EAF contribution was \$103.60. This year it has dropped to \$99.25. The Willis Chapter average gift was \$216.87. But that number is skewed due to the \$1,000 anonymous challenge gift given at the start of the year.

The Willis Chapter only has 16 members listed who are on the Donors Honor Roll (\$100+). When making your donation be sure you've identified yourself as a Willis Chapter member otherwise your name may not appear on the Willis Chapter list.

If you know of someone in our Y family who is in need of EAF assistance immediately contact :

Jeri Cushman, C. B. Willis EAF Representative
941-586-1559

kayakgram@aol.com.

And, if you haven't done so already, send in your EAF contribution ASAP to:

Dale Ventres, AYR EAF Chair
1302 Del Haven Ct., Redlands, CA 92891
DVentres@aol.com.

It is a "family thing" to do!

Why We Joined The C. B. Willis Chapter

Bill and Dorothy Markell



It seems that we have been members of C. B. Willis Chapter forever, but forever is from the time we first moved to Florida as newlyweds! We tried to remember – but couldn't – but we think

we met **Don and Margie Dome** first and they told us about the chapter.

In any event, we went to our first meeting at McDill AFB in St. Petersburg. In those Days we ALWAYS went to the same place each October, each November, etc. At that first meeting Bill was told by **Bob Schmidt**, that Vice President nominee **John Root** had discovered that he had cancer and couldn't serve and would Bill take his place. Our first meeting, for goodness sake!!

Well he did, and shortly after he got to be president we began having meetings in different locations around the state the way we do now.

The biggest change for us however didn't have to do with locations but with the decision to do the triennial reunion as a cruise.

We met often – sometimes monthly – to get ready and all those gatherings forged what we now feel is our Willis Family ... a super important part of our lives. The couples and individuals who brought off the triennial were/are the best! These included the **Domes, Fergusons, Marks, Sheppards, Meloy, Ryans, Wortmans, Jacobys, McLeods** and **Peads**. With apologies to whomever we forgot. We still use our Fellowship at Sea 2003 blanket!

As our group loses members and acquires new friends, we are so happy to see this vital group care about each other and make the chapter better and better. We are grateful to be members.

Math Question?

- Take 1,000 and add 40 to it.
- Add another 1,000 and then add 30 to it.
- Add another 1,000 and add 20 to it.
- Now add another 1,000 and add 10 to it.

What is the total? Did you get 5,000?

If you did get 5,000, you were wrong. The correct answer is actually 4,100.

C. B. Willis Chapter

Association of YMCA Retirees



You're the ONE!

YES, you're the one we want!

2012-2013

Membership Campaign

Membership is the life blood of any organization. There are many different reasons for joining an organization: the services and benefits provided, fellowship, information, networking, entertainment, general support of its mission, etc. If you have not been a prior member of the C. B. Willis Chapter of AYR we hope we can meet some of your interests and encourage you to join. Those of us who are members continue our membership with enthusiasm as the chapter brings a level of friendship and an extension of the YMCA movement that has been so important in our lives and career. Join with us ... we'd love to have you.

MEMBERSHIP APPLICATION

Please enroll me as a C. B. Willis Chapter member at the \$ _____ Level.

Membership levels: \$15-Basic; \$25-Supporter; \$50-Patron; \$100-Benefactor

Membership includes both YMCA retiree and spouse.

Note: Life Membership (no dues required) is available to Y Retirees residing in Florida who have reached age 85 or older.

To apply, please provide your date of birth: _____.

- Enclosed is my check for \$ _____
- Please share what you did this past summer and/or new "happenings" in your lives:

Unless you are a new member or your information has changed you only need to fill in your name. Thank you!

Name _____ Spouse Name _____

Address _____ City _____

State _____ Zip _____ Email _____

Phone (_____) _____ Cell Phone (_____) _____

If you only spend the winter months in Florida, please include your other address.

Address _____ City _____

State _____ Zip _____ Phone (_____) _____

Dates at the address: From _____ to _____

Please mail to:

Janet Ferguson, C. B. Willis Chapter Membership
240 Sand Key Est. Dr. #26. Clearwater, FL 33767

It's Not A Gym

Stephanie Fridley, YMCA Blue Ridge Leaders' School

You know our logo and you've heard our song,
But if you think we're just a gym, well, you've got it all wrong.



A gym is built by corporations, entrepreneurs and loaners,
We are built by volunteers, advocates and donors.

The bottom line dictates how a gym is run,
Our business plan is John 17:21.

A gym is built by investors in the industry of fitness,
We were built by one man who was trying to be a witness.

You may look at our basketball courts and say they look the same,
But our courts were where they first started the game.

A gym offers fitness equipment and a range of class choices,
We build future leaders and help them find their voices.

At gyms you'll find a treadmill or an elliptical glider,
Our organization is the nation's largest childcare provider.

A gym is built where there is the greatest financial opportunity,
Our facilities are built to be a reflection of our community.

Helping people to live healthy is a call we heed,
But the driving force in our organization is to service social need.

With 168 years of service the for-instances are ample,
But we'd rather you just come by so we can give you a sample.

So excuse me for correcting you, but I feel inclined to say,
This is not a gym, it's the YMCA.

Register Now For Daytona Beach October 3-5, 2012

Perry's Ocean Edge Resort Overlooking Daytona Beach

If you've never been to a Willis Chapter event then this is the one event that you'll want to attend!

Reserve your room **directly** with
Perry's Ocean Edge Resort
Phone (800) 447-0002.
Mention YMCA Group

Deadline to get the special YMCA Retiree rate of **\$79** or **\$89** a night is **September 11**.

CLIP AND MAIL TO

*Janet Ferguson, C. B. Willis Chapter Membership,
240 Sand Key Est. Dr. #26, Clearwater, FL 33767
rhferguson@tampabay.rr.com*

Please register:

Name (s) _____

Address _____

City/State/Zip _____

for the Daytona Beach event. Enclosed is the check for \$ _____ @ \$25 per person.

**Make your room reservations directly with
Perry's Ocean Edge Resort**

Don't delay ... do it now while you are thinking about it!



The Association of YMCA Retirees is the national umbrella 501(c)3 organization of YMCA retirees and spouses joining 20 chapters and 5 clusters together to provide local program events, services and news to its members. YMCA retirees wishing to join AYR should contact AYR Treasurer, Stitzer YMCA Center—2nd Floor, Springfield College, 263 Alden St., Springfield, MA 01109, or register on line at Yretiree.org. Individuals who have been members of AYR for six months or longer are eligible to receive EAF grants in times of financial need.

Membership in AYR does not include membership in a chapter, nor does a chapter membership include membership in AYR. AYR membership is not required to join a chapter. Joining both organizations is recommended. Each membership must be joined separately.

Reflections—Scattering Seeds

"The Kingdom of God is as if a man would scatter seeds on the land...." Mark 4:26-34

Rev. Harold C. Smith, D.D.



Anna loved to do needlework. But painful arthritis made it impossible to manipulate the large needle. So the 80 year old grandmother began to look for something else to do to occupy her time. She found that her fingers could hold a small paintbrush much easier than a needle. So she began to paint.

She thought that the scenes she painted of the countryside around her upper New York state farm and village were good enough to show at the local fair. While she continued to win prizes for her jams and canned fruit, her paintings received little notice.

Then one day a New York City art collector was traveling through the village. He noticed four small paintings in the window of a local drug store. The dealer asked about the artist and bought the paintings for a few dollars. He then went to visit Anna at her farm and was charmed by her

humble, homespun manner and values.

The collector returned to New York City and got three of Anna's works included in an exhibit at the Museum of Modern Art. An art dealer championed Anna's work, launching her on a quarter century career that would make her an internationally known celebrity. Amazingly, 25 percent of her paintings were completed after she was 100 years old!

In her autobiography, published just before her death at 101 in 1961, Anna Mary Robertson Moses - Grandma Moses - wrote: "I look back on my life as a good day's work; it was done and I feel satisfied with it. I was happy and content, I knew nothing better and made the best of what life offered. And life is what we make it, always has been, always will be."

Fitness—Gluten Facts

Phil Wortman

The following information was drawn from Wikipedia – the free encyclopedia.

We are hearing a lot about gluten and gluten-free diets in the media these days. What is it and why or who shouldn't eat it? Here's some facts.

Gluten (from Latin *gluten*, "glue") is a protein composite found in foods processed from wheat and related grain species, including barley and rye. It gives elasticity to dough, helping it to rise and to keep its shape, and often gives the final product a chewy texture.



Medical practitioners are divided on whether oats are an allergen to celiac disease sufferers (an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages from middle infancy onward) or if they are cross-contaminated in milling facilities by other allergens.

A gluten-free diet is a diet that excludes foods containing gluten. It is used as a food additive in the form of a flavoring, stabilizing or thickening agent. A gluten-free diet is the only medically accepted treatment for celiac disease, the related condition dermatitis herpetiformis (a chronic blistering skin condition) and wheat allergy.

The term gluten-free is generally used to indicate a supposed harmless level of gluten rather than a complete absence. The exact level at which gluten is harmless is uncertain and controversial. A recent systematic review tentatively concluded that consumption of less than 10 mg of gluten per day is unlikely to cause histological abnormalities, although it noted that few reliable studies had been done.

Regulation of the label gluten-free varies widely by country. In the United States, the FDA issued regulations in 2007 limiting the use of "gluten-free" in food products to those with less than 20 ppm of gluten.

Beach

(continued from Page 2)

John and Kathy Shepherd enjoyed the 7th Army Soldier's Chorus Reunion in San Diego so much they are planning to go to Germany next year for the 50th year celebration.

Joe and Tonia DeGroot traveled to New England to visit children and grandchildren for three weeks in July. Piggied out on lobster...prices as low as \$5.95 a pound! Biggest news though, our son Michael and his wife are expecting twin boys. What a surprise! They will join brother Teddy sometime in November or December. Not sure when we will see them. Delivery date is tricky...twins are apt to come earlier than expected

In the words of Mark Twain, "Always do the right thing. This will gratify some people and astonish the rest." Seems to me, from the beach...

Editor's Note:

"From The Beach" is an important column because it keeps everyone updated on what is going on in the lives of our members. Your input is critical to the columns success. Email Jan at FrankJanMark@aol.com. Thanks!

Social Security: Duped

Most people believe that if they have worked and paid into Social Security that the monthly checks will come to them as a right ... it is their money! Matter of fact the Social Security pamphlet of 1936 announcing the program actually said, "The checks will come to you as a right." (<http://www.ssa.gov/history/ssb36.html>)

However, in 1937, shortly after the Social Security Act was passed, it was challenged in the U. S. Supreme Court. (*Helvering v. Davis*) The court held that Social Security was not an insurance program, saying, "The proceeds of both employee and employer taxes are to be paid into the Treasury like any other internal revenue generally, and are not earmarked in any way."

At its web site (<http://www.ssa.gov/history/nestor.html>) the Social Security Administration states, "Entitlement to Social Security benefits is not (a) contractual right" even though it had created the perception itself in its original document. It further states, "... some people to suppose that their FICA payroll taxes entitle them to a benefit in a legal, contractual sense ... Congress clearly had no such limitations in mind when creating the law."

Information from a column by Walter Williams, "Duped by Congressional Lies."

Top Y Programs

The top YMCA programs, measured by the number of Ys providing them remains fairly constant over the years.

Topping the chart is Day Camp for Youth and Aerobic Group Exercise Classes. These are closely followed by Strength Training and Youth Basketball.

Believe it or not, Yoga ranks high, even above Youth Aquatic Classes. Older Adult Exercise and Youth Soccer are in the top 20 along with Indoor Group Cycling.

School Age Child Care isn't as high on the list as expected with only a little over 50% of the Ys providing it.

The top 30 are all physical activities.

National Y Headlines

Hear are some news headlines from the Y-USA web site.

- "Summer Camp Means Keeping The Brain Busy" *Winston-Salem Journal* YMCA Camp High Hopes tutoring program is teaching kids math, reading and other subjects to help prevent summer slide.
- "Drowning Deaths Among Minority Kids On the Rise" *MSNBC.com* CEO Of the YMCA of Greater Hartford talks about the need for increased access to water safety education and how the Y is responding.
- "Hundreds Of Military Families Celebrate Christmas In June" *CBS 8/ KFMB-TV*

More than 650 members of families that had military members on deployment last December recently gathered at the San Diego Armed Forces YMCA for the sixth annual "Christmas You Missed" celebration.

- "Sometimes When School Is Out, So Is The Food" *KQED News* The Silicon Valley YMCA is addressing child hunger by working to increase the number who receive meals through the USDA's Summer Food Service Program.
- "YMCA In Raleigh Fights Drowning Statistics In Low Income Communities" *NBC 17 News*

Raleigh's Alexander YMCA offers free swim lessons to low income community members to help combat increasing number of drowning cases among minorities.



Two Future Events!

Piece River Lighted Boat Parade—December 15, 2012

Bill and Marcy Ryan will host the event. Their address is 150 Beeney Road SE, Port Charlotte.

Come join us for a special display of boats all lit up. The parade starts at 6 PM and lasts about one hour. So get here early, around 4:30 PM, as they gather in our backyard.

The Ryans will provide beer, wine and soda. You will need to bring a chair and an appetizer to share.

The Ryans have been doing this for 10 years as their annual Christmas Holiday Party.

Questions call 941-627-5363 or 941-769-2030. Hope to see you there.

Sweetheart Special: Two Days in Beautiful Southwest Florida—February 14-15, 2013

Come join us in the Punta Gorda/Port Charlotte area for a fun two day getaway.

Punta Gorda is a fun area with many things to see and do. Make plans to join your fellow Y retirees for a sweetheart of a time.

More information to come in future *Sandpapers*. The event will be hosted by **Bill and Marcy Ryan**.

Italian Shrimp/Linguine

In a large pan, sauté garlic pods in olive oil until softened. Add rosemary, oregano, Italian seasoning, bay leaves and white wine and cook to reduce and combine elements.

Place well dried, un-peeled shrimp in the pan and slowly cook until pink.

Cook linguine al dente, drain and add olive oil, butter and garlic powder.

Serve shrimp and pan sauce over the linguine. Have French bread available for dipping.

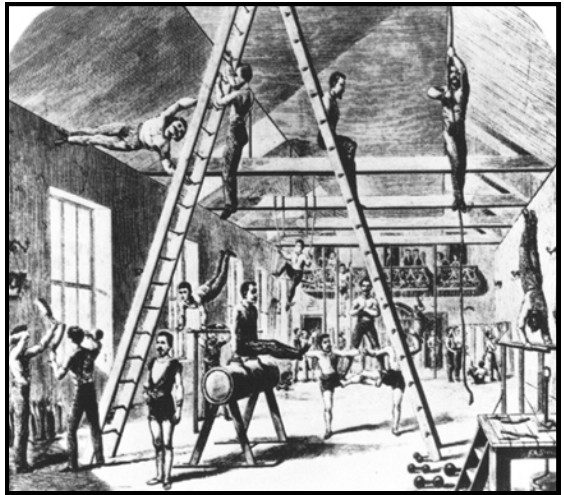
Be sure to have plenty of napkins and a place to put the shrimp shells as you eat. Seasoning amounts vary to taste.

History: YMCA Physical Education 1857

The Brooklyn (NY) YMCA added “physical work” to its programs, basing the effort on the belief that “bodily health is intimately connected with mental and spiritual activity and development.”

The first YMCA buildings to be constructed with gymnasiums opened in Washington (D.C.), San Francisco (CA), and New York (NY) in 1869.

Up until the 1880s, exercise still closely resembled gymnastics. Fitness was called “muscular Christianity” with the belief that Jesus was a perfect man—a balance of body, mind, and spirit. Physical education activities now comprise the top 30 YMCA programs.



Change In *Sandpaper* Distribution Policy for 2012-2013

It has become too expensive to keep individuals who are not C. B. Willis Chapter members on the mailing list.

As a courtesy, during the past program year issues of *The Sandpaper* were mailed to Y retirees living in Florida who were not Chapter members. This policy has been changed. The September 2012 issue of the *Sandpaper* is the **last one** being mailed to the entire Willis Chapter mailing list and AYR members living in Florida alerting them of the upcoming 2012-2013 program year activities. Afterwards, only Willis Chapter members will receive the following five issues. Please be sure you've sent in your Willis Chapter membership for the 2012-2013 program year.

The Florida Sandpaper is the newsletter of the C. B. Willis Chapter of the Association of YMCA Retirees (AYR) and is published six times a year.

The Florida Sandpaper

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