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THE OLD GUARD NEWS

Can an OXYMORON apply to giving Thanks? . . . By Bob Shelton

I love OXYMORONS. They are always around us, and it is such a pleasure when people use them and do not know it. An oxymoron is defined as "a figure of speech in which incongruous or contradictory terms appear side by side; a compressed paradox." You will recognize many of them, such as open secret, pretty ugly, almost exact, liquid gas, freezer burn, only choice, alone together, etc. All of us have our own, that often we enjoy letting surface, to see if anyone says "that's an oxymoron."

Much of our Christian walk is guided and directed by oxymorons. Jesus taught us to "Love our enemies." And Jesus reminded His followers that if anyone strikes you on the cheek, **turn and give them the other cheek**. When Jesus was telling His disciples how much they should love Him, He emphasized how much by saying you must **hate your family** to love Jesus enough. It is some of these teachings that are the most difficult for us to follow, because they are contrary to what the world would advise us. But to continue in our walk, we must reject what the world expects and listen to Jesus – oxymoron or not.

Now we are approaching Thanksgiving and each of us will

get ready to express our Thanks for the many blessings and bounty that the Lord has bestowed on us. Although every word of thanks is praiseworthy and gives God honor and glory, those words of Thanks are easy. Haven't we been trained since we were children to thank anyone who gives you a gift? Of course, and that is why we thank God for so many blessings on Thanksgiving Day, when the harvest and its bounty surrounds us. But, because thanking God for blessings and good things is so easy, why don't we give him thanks in abundance every day?

Maybe Thanksgiving should be a day when we thank God for things that may not seem like they deserve Thanks!! What am I talking about, you may ask!! Can we thank God for things that aren't easy? Maybe those difficult Thanks should be the ones offered once a year!

Can you thank God ...

- for those times when you were hurt by someone, but turned the other cheek and saw your friendship with them grow stronger?
- for illness in your family's life, because you discovered a new way to love, by being a caregiver?
- for the loss of ability to do

some of the things you enjoy, because you have learned new things that you didn't know you could do?

I challenge you on Thanksgiving, as you sit around your table of abundance to call upon each member present to give Thanks for something that, ordinarily, may not seem to deserve Thanks. Remember, the judgment of what deserves Thanks may not agree with the world, but it may honor our Lord.

Can an OXYMORON apply to giving Thanks? I think so, if we are willing to listen to the Lord and not to the world. Have a very blessed Thanksgiving Day!!



Bob Shelton
Goodyear, AZ

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Happy Thanksgiving!

Health Hints . . . By Len and Audrey Covello

SUPER FOODS

Some foods can be good for us—other foods not as good. The following foods are a MUST containing more than the average of vitamins, minerals and nutrients. They can be found easily at fairly low prices in your grocery store.

Avocados—potassium and Vitamin E (reduces

- inflammation and muscle damage).
- Bananas—potassium (lowers blood pressure)
- Blueberries— (antioxidants, fights cancer)

- Broccoli—(boosts immune system—Vitamin C.)
- Dark Chocolate—(can prevent cardio-vascular disease).
- Eggs—(protein and many vitamins).

- To Be Continued Next Month



Len and Audrey Covello
Prescott, AZ

Latest Results of EAF gifts from YMCA Retirees . . .

The Roller Coaster financial experience we have witnessed the last few months is new for many of us ~ and not a pleasant one. But I take great pleasure in reading the reports from our YMCA Retirement Fund assuring us our funds are safely secured. Thank Heavens for this!

These are the ones who are forced to turn to EAF for financial help.

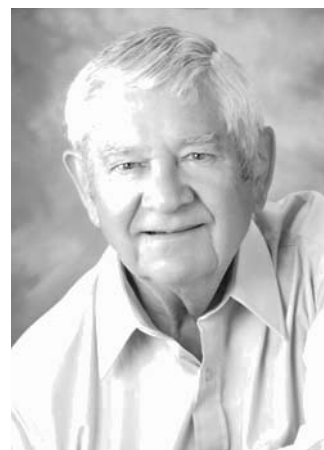
The generosity of YMCA retirees is simply unbelievable. Many of you have given “the widow’s mite” ~ and with a smile on your face.

Next year you will not receive our three additional EAF mailing, with enclosed testimonials, pledge cards and return envelopes, so ~ when you receive your EAF Pledge card in the mail PLEASE let us know immediately of your contribution plans for 2009.

I could not possibly be happier, more pleased and proud, than I am, with YMCA retirees and their wonderful sharing of love with their fellow man. Almost everyone seems take seriously the command to help our brethren in need.

Third quarter EAF results were not available before the OGN deadline, but my report will be emailed to EAF Representatives, NAFYR Officials, VIPs, plus Chapter Presidents and Editors.

Dale



Dale Ventres, Chair
Emergency Assistance Fund

Philosophy For Today . . .

This should probably be taped to your bathroom mirror where one could read it every day. You may not realize it, but it's 100% true.

1. There are at least two people in this world whom **you** would die for.
2. At least 15 people in this world love **you** in some way.
3. The only reason anyone would ever hate **you** is because

they want to be just like **you**.

4. A smile from **you** can bring happiness to anyone, even if they don't like **you**.
5. Every night, **SOMEONE** thinks about **you** before they go to sleep.
6. **You** mean the world to someone.
7. **You** are special and unique.

8.. Someone that **you** don't even know exists loves **you**.

9. When **you** make the biggest mistake ever, something good comes from it.

10. When **you** think the world has turned its back on **you**, take another look.

11. **Remember** the compliments **you** received. **Forget** about the rude remarks.

And always remember.....

When life hands **you** lemons, Ask for Gin and Ginger Beer and call **me** over!!

The above “Philosophy For Today” was received in an email from Mike Andrassy. Thanks, Mike!

Our most sincere thanks to the following members of NAFYR who made financial contributions to our organization, over and above their annual dues.

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Continued on Page 8

NOVEMBER GOLDEN TREASURES



55 Years

Betty and Victor Paieda, Harbor City, CA Nov 21
Celeste and Bob Tschopp, Chesterfield, MO Nov 21
Ann and Phil Knight, Coral Springs, FL Nov 23
Patricia and Maurice Hight, Cape May, NJ Nov 28

54 Years

Barbara and Bill Parkhurst, San Diego, CA Nov 6

53 Years

Beverly and William Simpson, Sioux Falls, SD Nov 25

52 Years

Audrey and Bob Richter, Brookfield, WI Nov 3
Laura and Harry Leshner, Knoxville, TN Oct 28

50 Years

June and William Crews, Detroit, MI Nov 29

List Your Golden Treasure

Clark Koechel is keeper of the records for Golden Treasures. Send your listing to him at: N7576 Sandy Beach Road Fon du Lac, WI 54935 or email: ick2@charter.net

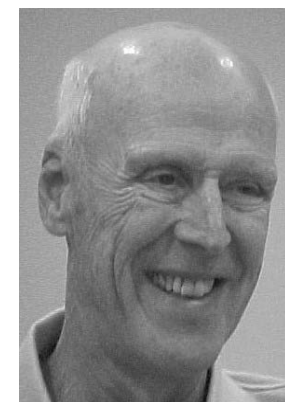


plified the spirit of philanthropy that year. The title of the award: "The Dick Stoll Spirit of Philanthropy". Dick's reaction to this unexpected honor: "Oh, my! My head grew three sizes that night!"

The St. Louis YMCA honored Dick Stoll at a recent Lamplighter Dinner. He was presented a beautiful glass trophy engraved: "Dick Stoll, founder of The Lamplighter Society of the YMCA of Greater St. Louis"! Ellen Howe, V.P. for Institutional Advancement for the St. Louis Y, announced to the two hundred plus attendees that henceforth an award would be presented annually to the staff person who best exem-

A new pavilion was dedicated at the YMCA of the Ozarks and named the Hawkins Family Program Pavilion. The dedication ceremony was held on Thursday, August 28, 2008 at which time Ted and Doris were recognized for their generosity in making this facility possible. Ted and Doris were surrounded by family members and friends, including staff from YMCA of the Ozarks and the YMCA Corporate Office.

From the President . . .



Bob Rule
NAFYR President

I'M GLAD YOU ASKED THAT

The NAFYR membership renewal letter sent out by the Association of YMCA Professionals generated a number of questions. Some were curious, some were supportive; a very few were hostile. Here's some examples of questions.

Question: What's with this dues thing? We've never had dues before.

Answer: There are two principal reasons. We have over 3,000 members and the mem-

bership file is 3x5 cards. Treasurer Dottie Eley has done a fantastic job over the 14 years of our existence as NAFYR.. With the additional duties she has, it is more than we should expect from a volunteer treasurer to maintain such a file.

The second reason is fewer than one half of the 3,000 members make no financial contribution to NAFYR. That means approximately 1,300 of us are subsidizing the rest. It just isn't a fair arrangement. AYP will maintain our records on an electronic file.

Question: What if I can't afford the membership?

Answer: Just as we did when we operated YMCAs, we will give complimentary memberships to anyone who feels the \$25 membership fee would present a hardship.

Question: How do I get a complimentary membership.

Answer: Contact your chapter president or a member of the Board of Directors, who are listed in every issue of *The Old Guard News*.

What's in a Name? . . . By Walt Price

What's your Name? That's usually the first thing we hear when introduced to someone new. And, "the experts in the field say" - to remember that name, *use it quickly* in your response and *again* before you say "goodbye" to that person.

So, it is with our name, NAFYR. But the dilemma with our active friends in AYP, is that "our name" does not resonate with them. More and more discussions are taking place at AYP Chapter meetings to connect with the "actives" -to let them know that there is an organization that will welcome them when they are stepping down from their current active status

to that of a retiree. In the meantime, we are soliciting their ideas about "our name."

At your Board of Directors meeting on the cruise this summer, I was asked to write an article for OGN about this topic. At our next Board meeting in 2009, some action may be taken about a name change. Not necessarily a formal corporate name change, but perhaps an acronym (aka - also known as), that is simpler and more meaningful to all of us - including AYP folks.

It would be very helpful to have some input from our membership. Several chapters

Question: Does the \$25 cover my chapter dues too?

Answer: No. Chapter dues are separate.

Question: Must I belong to NAFYR to participate in Chapter activities?

Answer: No. And you may belong to a chapter without paying NAFYR dues.

Question: I've always sent my contribution to Dottie. Why are we sending dues to Rhode Island?

Answer: NAFYR has contracted with the Association of YMCA Professionals; its office is in Westerly, Rhode Island.

AYP will maintain our membership records and do the billing. Five dollars of your dues is paid to AYP for this service.

Question: What do I get for the \$25?

Answer: You will continue to receive *The Old Guard News* and be eligible for a grant from the Emergency Assistance Fund. After November you will

not receive the newsletter. You will be eligible to attend the national reunions. The eligibility for an EAF grant will expire June 1, 2009.

Question: Will the dues cover all the operating expenses?

Answer: No. We are asking those who can to make an additional tax-deductible contribution when you send your check. Many of those who responded in August and September did so.

If you still have questions, send them to any member of the Board of Directors. Names and addresses are listed in every issue of the newsletter.

NAFYR Mission Statement

To enable members to promote a nurturing, world-wide, Christian fellowship that provides educational, social and charitable opportunities.



Walt Price
VP/East

Are we to be called: YRE (YMCA Retired Employees), EYR (Employees of the YMCA - Retired), FYR (Fellowship of Y Retirees) - or something else.

Dave Bast, our Webmaster, will post your responses for everyone to read.

My Y Story . . . By Ray Hansen, Yorba Linda, CA

As Boy's Work Secretary of the Downtown Los Angeles YMCA, I had the opportunity to start the first high school wheelchair basketball team in the United States at Whitney High School. The coach was the captain of the professional Flying Wheels wheelchair basketball team. I can remember taking a group of young boys from Dogtown to the High Sierras. A young lad by the name of **Art Ariano** had never been fishing in his life, and when he caught his small fish. I could hear this small voice in the distance that became louder and louder by the minute. He was so excited that he lost his voice the entire week at camp.

In 1955, I, along with three adults took 100 kids to the grand opening at Disneyland. We did not lose one kid. The following year I took another 100 kids from the West Los Angeles YMCA. The Kiwanis Club sponsored the event. I assigned three boys to each Kiwanian and we lost more kids than you could shake a stick at. In 1955, I was able to introduce **Bill Levings**, a Hi-Y member from Belmont High to **Congressman Lipscomb** and through that, **Bill** was able to attend and graduate from Annapolis. **Bill** retired as a Commander in the Navy. I had **Beau Bridges**, **Frank Sinatra, Jr** and **Nancy Sinatra** in my Jr. Hi and Tri HI-Y club.

Lloyd Bridges and his wife would always be there to help set up and take down the decorations for our dances. In 1960, two of my Hi-Y members from the West Los Angeles YMCA kidnapped **Frank Sinatra Jr.** in Lake Tahoe. They both served a seven year prison term at Folsom Prison. When I was General Director of the Anaheim Family YMCA in 1970, I was able to secure a \$1,175,000 gift for the second phase of our Capital Campaign. At that time I was told that was the largest single gift to any YMCA in the nation. How I did enjoy those 26 years.



Stan Freberg and Peter Ustinov appear at a YMCA event in 1972

What's your story?
Send your anecdote to OGN
wbmclm@aol.com

We Welcome . . .

. . . the following members into the fellowship of YMCA retirees, linked together by our common heritage and our service to humanity.

Nancy Donnelly (Brian), VP— Day Camp, Sports, Teens. 1402 Clayton Road, West Chester, PA nancydonnelly@verizon.net

Helen Peacock, Bill Wetzel, VP Development, Chattanooga YMCA. 1241 Duane Road, Chattanooga, TN 37405 bpeacockymca@comcast.net

Patty Ann Vassia, Associate Executive, Middletown, CT. 916 Skybrook Road, Had-dam, CT 06438, 860-345-4233, PAVassia@gmail.com



We Remember . . .

Ronald A. Knesal, 74, Property Manager. Survived by Irma, 1112 Sweet Bay Arbor Place, Chester, VA 23831

Brigham Circle, Randolph, VT 05060
David Rymer, 76, Executive Director. Survived by Marjorie, 932 Majestic Shadow Loop, Las Cruces, NM 88011

William P. Manuel, 83, Senior Program Director. Survived by Carol, 531 South Bayview Avenue, Freeport, NY 11520

Natsuko Shimada, 82, Member Services. Survived by his children Barbara and Gerald, 91-1210 Kaneana Street #9, Ewa Beach HI 96706

Harold H. Rafuse, 88, Executive Director. Survived by his daughter, Robin Gurney, 9

Jean (Mrs. Samuel A) Edgar, 13460 Manchester Road, Des Peres, MI 63131

Florence D. (Mrs. Henry G) Ellis, 3100 Shore Drive, Apt 617, Virginia Beach, VA 23451

Elizabeth (Mrs. Carl W) Klischer, 707 West Hemlock Way, Chandler, AZ 85248

Virginia L. (Mrs. Harry) Mansfield, 15 Homestead Road, Freehold, NJ 07728

Frederick Rader, survived by Dolores, 3527 Stonecreek Circle, Jeffersonville, IN 47130

Harry C. Wardell, 91, NH State Director. Survived by Carol, Apt #349, 30 Community Drive, Camden, ME 04843

From the Chapters . . .



Central Atlantic members at outdoor swimming area.

Walt Price, Vice-President East, joined members of the **Central Atlantic Area Chapter** (DE, DC, MD, NJ, PA) at the Spring Valley YMCA gathering on September 9th. He sat in on our Board Meeting and joined us for lunch and tours of the Spring Valley and Phoenixville facilities. We heard from **Joe Lind** and **Walt Price** about our happenings on the NAFYR "Harbor To Harbour" cruise that was held earlier in the month. They also reported on the discussions held concerning a name change for our organization. Following the Board Meeting and lunch we heard from **Jay Schaffer**, CEO of Freedom Valley YMCA, about the programs and long range plans of the YMCA. We were all

amazed at the breadth of programs, number of members, budget and the ultra modern facilities at both of the units we visited. They featured a very open atmosphere where you felt immersed into the fitness and aquatic areas as soon as you entered the lobby of the YMCA. It almost tempted us to go back to work, but retirement still looks good. On Monday, November 17th the Central Atlantic Chapter will gather at the Rainbow Dinner Theater in Lancaster, PA for lunch and a comedy on how a family prepares for the Christmas season. "Deck The Halls And Clean The Kitchen" reminds us of all that fun and preparation for when the big day arrives.

- Maurice Hight

The **Ellenwood Chapter** (NY, MA, VT) had their Spring meeting at Silver Bay Sept. 24-25. We had 13 members present: **Bob Anthony, Bill Stubbs, Marian Morse, Jan Mosher, Walt and Peg Price, Marian Sunderland, Bill and Bernie Taylor, Jack and Steve Wheeler, Jack and Ellen Young**. We enjoyed the socializing and the beautiful location and good food and accommodations. We took a wonderful boat ride on Lake George to see the homes and hear the stories about the lake. We had an interesting ques-

tion and answer time with the Silver Bay Y Staff about their concept of NAFYR and what it meant to them as well as their plans for their future and retirement and the Y retirement fund. We had as guest speaker, **Kyle Stuart**, Executive Director of the YMCA Lobby for New York. He was very interesting and informative. We heard why we need a lobbyist and what the lobby does in providing resources and political education in regards to



Norma Hansen, Emily Clark, Thelma and Peter Gabel along with Rich and Susan Hill play BINGO for World Service.

The **Weidensall Chapter** (CO, KS, NE, NM, WY) held its Fall Reunion at the YMCA of the Rockies in Estes Park, CO with a full program starting with an International Dinner put on by foreign employees of the EPC, representing 19 countries. What an assortment of "new food". This was followed by a campfire, with a variety of songs, **Stew** leading a "Bear Hunt", and of course "Somores". The second day brought the usual presentations including **Bob Rule's**

report on NAFYR, **Kent Meyer**, CEO of the YMCA, presenting the new development plan for the Estes Park Center, and **Rich Hill** with a new Retirement Fund presentation. The evening program featured a "choral group" that **Rich** is a member of, doing a variety of religious music, performed in the chapel, with other EPC guests taking part. Following, the members played BINGO for endless hours (see photo below) to raise money for World Service and EAF.

-Stew Brown



Members of the Ellenwood Chapter in front of the Chapel at Silver Bay.

bills that are in the state legislature and representing the Y in encouraging legislators to vote for or rejecting bills pertinent to the Ys purpose. **Walt Price** reported on the National Board meeting, the new dues structure and by-

laws and asked for suggestions for a new name for NAFYR. We decided that our spring meeting will be joining the Northeast chapters at Frost Valley Conference Ground in the Catskills in April.

-Jan Mosher