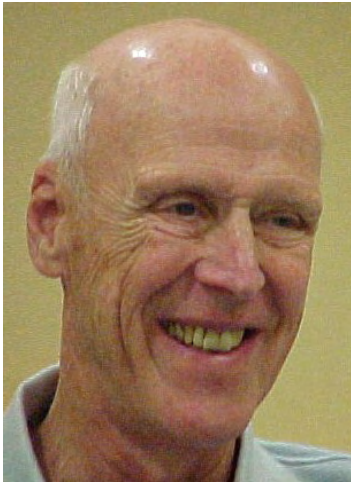




# THE OLD GUARD NEWS

## From the President ...



**Bob Rule**  
NAFYR President

A few months ago, I received a call from an old friend I never met. He wanted some information on the requirements for the Director of Physical Education title awarded by the now-defunct Physical Education Society of the YMCAs of North America. The title was conferred on physical directors who met certain criteria.

**Joe Tobilik** was a physical director in one of the branches of the Chicago YMCA. He had received the title in the 1960s and wanted to know if I could remember the criteria for it. We talked about it a while and, between the two of us, came up with a few. It required a person to have a certain number of years experience, acquired some certifications, such as aquatics, and complete an original research paper. We don't think we remembered them all.

Actually, **Joe** was more than a physical director. He was also one of the detached workers the Chicago association used in those days to try to change behavior of street gang members. In that Joe was different from most of us physical directors, who were pretty much facility-tied. I always admired the people who did the detached work.

Did I mention I had never met **Joe**? Oh, I guess we had some correspondence. Maybe even a phone call, though I don't recall it. Why do I call him an old friend? Well, there is a bond among the old physical directors, but that's just part of it. He was a YMCA director. That established a bond in which I include everyone who was a YMCA staff person. That's a lot of what binds NAFYR together.

Yes, we all had different jobs and performed them in different ways. But we have that bond of doing them for an organization to which we essentially committed our lives.



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### NAFYR MISSION

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

## Health Hints . . . By Audrey and Len Covello



Len and Audrey Covello

Have you become inactive and gaining some weight during these long winter months?

Eating more fruit and vegetables can help you lose or maintain a healthy weight.

Controlling your weight by eating a diet rich in fruits and vegetables may reduce the risk of some chronic diseases and

will provide vitamins, minerals and fiber that are important for good health.

Most fruits and vegetables are naturally low in fat and calories and are filling.

Add some lean meat or fish, whole grains, nuts or beans to round out your meals.

Eat fewer calories per meal than your body can use and you will see a difference in your weight by summer—**GUARANTEED!!**



**Log onto the NAFYR web site at least once a week to keep up to date on NAFYR news!**

## ISSC Report . . . by Ray and Muriel Jacoby

February is the month of hearts, love and the Red Cross annual fund drive. We would like to share with you some comments from folks who have given part of their hearts to others. We asked ISSC volunteers to fill out evaluations on their assignments. Two of the questions we asked were, “What was the most important task you were able to accomplish? What was your most significant experience?” Here are some of the answers.

**Peg and Loren Andrews** of the Grand Canyon Chapter were assigned to Chiang Mai YMCA in Thailand in 1999. “Our accomplishments: began some new programs, let them realize seniors could belong to YMCAs and participate with their knowledge and wisdom”. “Most significant experience was becoming friends with many dignitaries, this YMCA carried clout—working with the Queen of the North on her English accent to make a speech, and having lunch with her”.

**Ray and Muriel Jacoby** of New England Chapter spent two six month tours of duty at the Beijing, China YMCA in 2003 and 2005. For **Ray** it was getting two wonderful Springfield Master Degree students for a semester to help with the members and hold physical education and wellness classes for Y staff and other Chinese Physical Educators. For both of us getting to know and interact in a meaningful way with Y staff, members and students was most significant.

**Bill Hawkins** of the Central Atlantic Chapter went to Chengdu, China in October 2006 for six months. “I believe the most important achievement was the staff’s recognition of the need to develop a comprehensive plan for their YMCA if they wanted it to move forward in an organized way.” “My most significant experience was making friends in Chengdu, both in the YMCA and the community”.

**Judy Sparanese** of the Marston Chapter spent six months beginning in October, 2006 at the Nolita Branch of the Bei-

jing YMCA. “The most important thing I accomplished was finding creative ways to fit class topics to the students, like using song lyrics with the middle school aged children, using American TV videos with the older classes and giving lectures on Western religion and other topics. As my classes ended, I felt there was so much more I could do for them. However, as every teacher and parent knows, you have to trust and learn to let go, knowing that in some small way you have helped your students to get to their next level. I feel I accomplished this and am hopeful for their future growth in learning English and American culture”.

**Lois Keim** of the Hoosier-Buell Chapter started her six months of service to the Beijing YMCA in September 2007. “I’m not sure I have accomplished my most important task yet, but I have put together folders of materials for each level of teaching. The folders include a description of the goals of each class and the text used, if any, and topics discussed. A Progress Form is used each



Muriel and Ray Jacoby  
ISSC Chairs

time a class or an individual session meets. This way, the ISSC volunteer who follows me will have a good base from which to start, and can easily prepare lessons in advance from day one. It is significant to me to have the chance to immerse myself in the Chinese community and Chinese culture. My richest experiences are those when I go out of town with my hosts and their friends/families, or with a student’s family. I’ve also made friends with a young woman in my building, who has now registered her daughter in my Advanced English class and has joined our Adult English Corner herself. These experiences make me very happy.”

## We Remember . . .

**William Baird**, 77, CFO. Survived by Doris, 3114 Wellington Road, Erie, PA 16506

**Richard Billings**, 83, Director of Continuing Education. Survived by Norma, 23 Colonel Wilkins Road, Amherst, NH 03031

**Richard D. Cooper**, survived by Edith, 627 Leyden Lane, Claremont, CA 91711-4236

**Richard C. Lau**, 83, General Secretary. Survived by Mary K., 50 Aiken Street, Apt. 311, Rolling Ridge Condominium, Norwalk, CT 06851-2024

**Mary Lou Mesplou**, 80, survived by Joseph, 4220 West 175th Place, Torrance, CA 90504-3120

**Kenneth Person**, 83, Executive Director. Survived by spouse, 2405 Castlewood Drive, Augusta, GA 30904

**Edward W. Stowe**, 81, Director, Student Financial Aid. Survived by Mary M., 19 West 151 Rochdale Circle, Lombard, IL 60148

**Louise E. Chapadelaine** (Mrs. Edmond G.), RR 2 Box 227P, Vineyard Haven, MA 02568

**Ruth Crick** (Mrs. William F.) 555 Jasmine Way South Street, St. Petersburg, FL 33705

**Samuel W. Finn**, survived by Rea, 4205 Santeen Drive, St. Louis, MO 63123

**Jacqueline Firth** (Mrs. Robert), survived by Pamela F. Hunter, 4575 Pine Hill Road, Corning, NY 14830

**Doris L. Hill** (Mrs. Leonard), 614 Lori Avenue NE, Massillon, OH 44646

**Ruth Milling** (Mrs. Lonnie E.) 808 Lynnwood Drive, Burlington, NC 27215

**Mattie V. Wharry**, (Mrs. Forrest E.), 654 Copperfield Lane, Tipp City, OH 45371

## We Welcome . . .

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

**Wesley and Phyllis Binner**, Executive Director, St. Cloud, MN, 32347-260th Avenue, Erhard, MN 56534, 218-736-7830, [wpbinner@prtcl.com](mailto:wpbinner@prtcl.com).

**Judith O'Gorman**, Assistant Teacher, Day Care, Rockland County YMCA, Nyack, NY, 167 silvers Lane, Erwin, TN, 37650, 423-743-3239, [www.JudyO@hotmail.com](http://www.JudyO@hotmail.com).

**Vincent Olinski**, CEO, Holyoke, MA, 34½ Noble Avenue, Westfield, MA 001085, 413-568-4395, [volinski@yahoo.com](mailto:volinski@yahoo.com)

**Ilona and James Wilson**, Membership Director, West Park-Fairview, Cleveland OH, 9884 Plum Brook Lane, Strongsville, OH 44136, 440-572-3151



## Update . . .

We reported in last month's Old Guard News that there was going to be a Campaign Victory Celebration and **Fred Hoshiyama's** 93rd birthday on March 14 in Los Angeles . We further reported that if you wished to attend, you should contact **Glen Tsugawa** at the Honolulu YMCA.

However, at the time, the important piece of information that we didn't have was that as of December 20, **Glen** became the new CFO of the Seattle YMCA.

Therefore, if you wish to attend the aforementioned celebration, you should email **Glen** at his new Seattle address: [gtsugawa@seattleyymca.org](mailto:gtsugawa@seattleyymca.org).

And, congratulations to **Glen** on his new assignment!

## From the Chapters . . .



*Bea and her baskets!*

Twenty-seven members of the Marston Chapter (CA) and three guests gathered December 13 at the Toby Wells YMCA in San Diego for an enjoyable luncheon and meeting.

During the fellowship period, coffee and cookies were available and people were asked to check out the items displayed for the auction and make their bids. There were over 20 baskets (most of them made by **Bea Halk**, our president) and other items including a week-stay in the Schmidt Hawaii condo.

**Bea Halk** welcomed everyone. **Bill Parkhurst** gave the invocation and **Greg Vaughan**, son of member, **Glen Vaughan**, provided enjoyable background music on his guitar during the delicious meal catered by **Ruth Hendricks**.

**Glen Vaughan** officially introduced his son, **Greg**, who played several musical selections, which were well received. **Greg** teaches guitar and plays in numerous local bands. Two years ago he was named one of the best guitarist in San Diego.

Included in the business meeting: **Bea** reported that the Board met and decided to change to the new set-up (terms of office and fiscal year) that NAFYR has enacted; the good news was that **Glen Vaughan** had agreed to be our Vice President. And he mentioned several suggestions for meetings next year.; **Ilene Davis**, Co-treasurer gave a report and will be making out a budget for next year.

**Verna Griese** led the group in singing Christmas songs. The auction, once again, was a big success.

- Barb Schmidt



*Central Atlantic Members enjoy Voices of Christmas.*

Twenty members of the Central Atlantic Chapter (DE, DC, MD, NJ, PA) braved a wintry storm of rain, sleet and snow to gather at Hersey Farms Restaurant for lunch on December 3 in Lancaster, PA. The highlight of the day was

their attendance at the "Voices of Christmas" musical at the Living Waters Theater in Lancaster. The show featured twenty-two scenes that were centered on Christmas carols. The show was fast moving and featured many colorful costumes, live animals and Christmas carols and inspirational stories that proclaimed the Savior's birth. We learned that one of Henry Wadsworth Longfellow's poems was the basis of a carol and it took Handel twenty-six days and nights to compose the "Messiah".

Attending the event were **Jim and Christine Brouse**, **Prudy Brocklesby**, **Pat and Maurice Hight**, **Joe and Ilona Lind**, **Jerry and Ruth Lawton**, **Don and Julie Painter**, **Mike and Genevieve Ritzman**, **Hank and Lois VanZanten** and their daughter **Kara**, **Len and Joyce Wilson** and **Norm and Peggy Walters**.

A planning committee is hard at work to develop an interesting schedule of activities for our 2008 Spring Reunion

in Cape May. We have arranged for our chapter to gather at the Grand Hotel on Tuesday and Wednesday, April 22-23. Mark your calendars now and plan to join us for these two days in Victorian Cape May - **Maurice Hight**

**Allen-Stone Chapter** (AL, OR, ID, MT, WA) has two events in the works. Their 19th Coast Get-away is scheduled for February 13-15 at the Surftides Inn in Lincoln City Oregon. Included is a special Valentine's Day celebration dinner and program

April 15-17 is the Ashland Shakespeare Festival. The productions on the agenda are two plays by Shakespeare, *Mid Summers Night Dream* and *Coriolanus* and the play *Fences* by August Wilson.

Forty-one members of the **Sam Schreiner Chapter** (AR, LA, NM, OK, TX) enjoyed their Fall Jubilee in New Braunfels, TX.

**Jeanette Felger**, a retired history teacher presented a lesson in local history followed by a visit to Conservation Plaza, a local landmark where **Ms. Felger** continued her lecture. Traditional German food was served in the store on the grounds.

**Gordie Echtenkamp**, CEO of the Dallas YMCA gave an update on their Y and he also brought goody bags! **Don and Janie Turner** shared "The Rules for Being Human Kit". **Gene Bullard** led a Memorial Service, honoring two members who had passed away since the last meeting.

The next meeting will be a three-way gathering with the Schreiner, Greater Ozark and Mott Chapters April 22-24.

- Janie Turner

## THANK YOU . . . By Dale Ventres

Your Emergency Assistance Fund is most grateful for the wonderful help and cooperation offered it by our Old Guard News. The generous space we have received has allowed this NAFYR priority Initiative to grow yearly. In 2007 Y retirees contributed \$10,016 more than the record previous year. Details will be mailed to all chapters when that information is released. I truly appreciate our great generous donors.

Repeated evaluations and surveys reveal OGN is the "most-read and favorite publication" of all. Someone has said our OGN is the glue which binds us together, and I have to agree with that.

Another excellent publication is PERSPECTIVE, Journal of

YMCA Professionals. I need to call your attention to AYP EAF Chair **Roz Hamby's** letter in the front page of the February issue. **Roz** notes the issue theme is "The Relationships of Philanthropy" and reminds AYP and NAFYR members that "philanthropy begins at home." She urges us to make our EAF gift early in 2008, after we receive our materials.

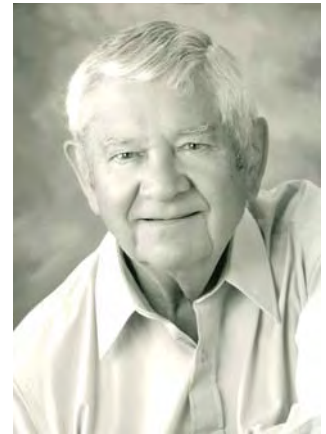
Those of you who read PERSPECTIVE saw a picture of **Bill Bauman** of South Dakota in the January issue, telling about his experience with cancer and the help he received from EAF. The March issue will show a picture of **Beth Horvath** and her story of how flooding devastated her family. In April **Stew Brown's**

personal endorsement of EAF and why he pledges to this person-to-person program will be featured. *Each issue of PERSPECTIVE carries an EAF story.*

The well rounded and read Y retiree needs both publications and it is easy to subscribe to PERSPECTIVE by writing to AYP 12 Broad Street Suite 2-1 Westerly, RI 02891 or by calling 401/604-0034. Do this as a favor to yourself and you'll find you read it cover to cover without a break.

In closing I thank both OGN and PERSPECTIVE, along with Chapter EAF Representatives, for helping make 2007 a Banner Year.

*Dale*



**Dale Ventres, Chair  
Emergency Assistance Fund**

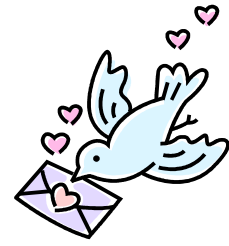


## A Thought For The Day . . .

<p>TWO FRIENDS WERE WALKING THROUGH THE DESERT. DURING SOME POINT OF THE JOURNEY, THEY HAD AN ARGUMENT; AND ONE FRIEND SLAPPED THE OTHER ONE IN THE FACE.</p> <p>THE ONE WHO GOT SLAPPED WAS HURT, BUT WITHOUT SAYING ANYTHING, WROTE IN THE SAND:</p>	<p>"TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."</p> <p>THEY KEPT ON WALKING, UNTIL THEY FOUND AN OASIS, WHERE THEY DECIDED TO TAKE A BATH</p> <p>THE ONE WHO HAD BEEN SLAPPED GOT STUCK IN THE MIRE AND STARTED DROWNING, BUT THE FRIEND SAVED HIM.</p>	<p>AFTER HE RECOVERED FROM THE NEAR DROWNING, HE WROTE ON A STONE:</p> <p>"TODAY MY BEST FRIEND SAVED MY LIFE".</p> <p>THE FRIEND WHO HAD SLAPPED AND SAVED HIS BEST FRIEND ASKED HIM, "AFTER I HURT YOU, YOU WROTE IN THE SAND AND NOW, YOU WRITE ON A STONE, WHY?"</p>	<p>THE FRIEND REPLIED,</p> <p>"WHEN SOMEONE HURTS US WE SHOULD WRITE IT DOWN IN SAND, WHERE WINDS OF FORGIVENESS CAN ERASE IT AWAY. BUT, WHEN SOMEONE DOES SOMETHING GOOD FOR US, WE MUST ENGRAVE IT IN STONE WHERE NO WIND CAN EVER ERASE IT."</p> <p>LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BLESSINGS IN STONE.</p>
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FEBRUARY  
GOLDEN  
TREASURES ...



63 Years

**Eleanor and Tom Collier,**  
Lakewood, NJ Feb 18

56 Years

**Marguerite and Bill Sinder,**  
Marietta, GA Feb 23

62 Years

**Shirley and Len Hollenbeck,**  
Wheaton, IL Feb 23

53 Years

**Gail and Frank Rossi,**  
Dover, OH Feb 19

61 Years

**Dorothy and Bill Foster,**  
Kettering, OH Feb 8  
**Dallas and Marvin Kimbrough,**  
Augustine, FL Feb 9  
**Olive and Jim Anderson,**  
Winona, MN Feb 14

52 Years

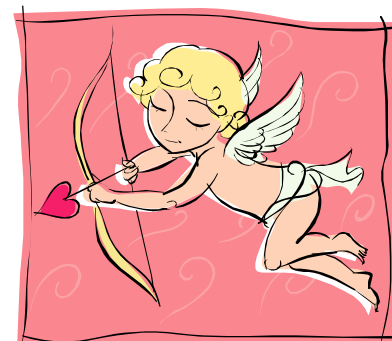
**Connie and Ben Haines,**  
Florence, KY Feb 11

50 Years

**Carol and Don Tallman,**  
Albuquerque, NM Feb 28

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](mailto:ick2@charter.net)



Perspective Editor **Craig Altschul** is inviting NAFYR members with good writing skills and an even better memory, to help produce the August 2008 issue of the journal. The theme is "YMCA History 104: Promoting Health."

It's the fourth annual issue of the AYP publication and the concept is to help today's active YMCA directors become more informed about the Movement's significant past with the help of those who experienced some of it. The focus this time is how the YMCA

played a variety of important roles in promoting health of Americans since the earliest days.

If there is a story you'd like to write – about a particular program that promoted health, an era, a population segment, a person who had a significant influence – just send an e-mail to **Craig** ([caltschul@earthlink.net](mailto:caltschul@earthlink.net))

and let him know your subject. He will then give you the "go or no" to move ahead on the story. He needs to be certain there is a good mix of subject mat-

ter in the issue (not just aquatics, for example). Don't just write, he says. E-mail him first.

The deadline for copy is June 6 and there are no exceptions. Be sure to get guidelines and the assignment from **Craig**. One last requirement: All articles must be submitted via e-mail as an attachment. Hard copy or copy on disc is not acceptable. Yes, it's a high tech age.

"NAFYR members are a terrific source of history and this edition of *Perspec-*

*tive* has been one of the most popular issues of the year," **Craig** said. "Please respond early to hold a place for a story."

The Kautz Family YMCA Archives staff is always willing to help you check facts and get information. Just start early.



## "Faith is taking the first step, even when you don't see the whole staircase."

- Martin Luther King Jr.

## Keeping In Touch . . .



**Audrey and Len Covello**, Prescott, AZ (*our Health Hints editors*) have moved down into town from their 6,000 ft. mountain top home to a retirement community. **Len** is a Lions Club member and serves on the board of the Northern Arizona Sight and Hearing Loss Center. **Audrey** is an active art docent, teaching art appreciation to elementary classes in the local public schools. Service projects at their Methodist Church also keep them busy.

**Brian Cormier**, Mocksville, NC, spent 3 months work-

ing as a volunteer with a YMCA in the Ukraine that he helped to start in 1992.

**Fred Lindholm**, Huntington Woods, MI is working as a Real Estate Broker.

**Rich Haggard**, Redding, CA works as a consultant to 5 or 6 businesses and organizations in town.

**Dick Gerard**, Clermont, FL is President of the Masonic Club of Kings Ridge. They support a local school with funds and sponsor a Child Identification program for the third graders.

**Bill Glenn**, Glen Ellyn, IL, is spearheading a cooperative program between the YMCA and the DuPage County Probation Department. He is also active with Y's Men and Women's Club and received the Y's

Men's "Golden Book—Living Tribute" for his involvement. Bill is a co-founder of Anderson House Foundation, (a 501(c)(3) organization) which wishes to continue the legacy and tradition of the YMCA Press, co-founded in the 1920s by the YMCA's Paul B. Anderson in Paris, France. Like the YMCA Press, (not to be confused with Association Press), the goal of AHF is to publish materials of classic and cultural value for today's readers. Its first major publication is a charming translation of Hans Christian Andersen's *The Snow Queen*, illustrated by the famous Ukrainian artist Vladyslav Yerko. (If interested, you can learn more on the Internet at:

[www.snowqueen.us](http://www.snowqueen.us)

**Bill Schenk**, Bath, OH has raised \$48 million in capital campaigns during his 16 years in retirement.

**John Schaaf**, Eau Claire, WI, is serving as the Eau Claire YMCA's Financial Development Director. He was recently inducted into the Wisconsin High School Basketball Hall of Fame as an official and inducted as a charter member of the Eau Claire High School Athletic Hall of Fame.

**Bob Oatey**, Long Beach, CA, retired from the YMCA to teach Special Education in the Long Beach Schools. **Bob** just retired from teaching and is serving on the YMCA Camp Oakes Board of Directors.



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## Harbor to Harbour Cruise Reunion 2008 . . . By Lou Falk

### Boston to Montreal, August 30-September 6, 2008

If you were to have checked out the Holland-America website like I did on the day of this writing (January 6, 2008) you would have seen that already— *eight months before the sailing date of our cruise*— five of the categories of cabins, of which three are verandah or balcony cabins, are *already sold out!* By the time this issue of The Old Guard News arrives in your home, there are sure to be more categories with no availability remaining.

What does this mean to you? Well, that's pretty easy to see. It's time to call White Travel, our official Cruise Agent, at 800-547-4790 and get your deposit down now! Those who wait longer may be disappointed. White Travel still has a very good selection of cabins available in our allotment from Holland-America, but as Holland-America's inventory is reduced the cruise line will begin to take away unsold cabins from White Travel.

When you combine the 220+ NAFYR members and their guests already under deposit with those folks from the "general public" who have also paid for a cabin on this cruise at this early date you see how popular this route is for Holland-America's great ship the Maasdam. This ship only takes about 1200 passengers, which adds to the urgency for you to get your deposit in.

As a reminder, your cruise committee has made arrangements for special rates at a convenient hotel in Boston for those who will arrive early, a place to park your car inexpensively if you are driving to Boston to begin the cruise, special bus transportation from the hotel to the cruise pier on the day of sailing, special rates for NAFYR members on the cruise itself, special rates at a hotel in Montreal for those who wish to stay in Canada for a time post-cruise, and chartered buses from the cruise pier in Montreal back to Boston following the cruise. Information on all these items is available from White Travel at the toll-free number above.

A number of NAFYR meetings and activities will be held during the cruise (but scheduled so they do not interfere with "shore leave"). Those we know of so far include on Monday: **NAFYR General Council Meeting** and **World Fellowship of YMCA Retirees Meeting**; on Tuesday: **NAFYR Board of Directors Meeting**; on Wednesday: **YMCA World Service and International Senior Service Corp** presentation; on Thursday: (a full day at sea) **Willis Chapter** and **New England Chapter Meetings**, a **GENERAL SESSION** including words from NAFYR President **Bob Rule**, Retirement Fund President **John Preis**, and **Investment Advice** from **Harold Smith**. There are also rumors of a **George Williams College Reunion** on Sunday August 31 in Bar Harbor, and hoping to be with us is **Springfield College President Richard Flynn**. If your chapter or special interest group would like to schedule a room on board for a meeting please contact **Len** and **Ann Cuneo** at [LENANNCUN@aol.com](mailto:LENANNCUN@aol.com).

We sincerely hope you are planning to be with us for all the fun and fellowship as well as the outstanding ambience of the Maasdam, and the beautiful early fall scenery of Eastern and Maritime Canada and New England.



. . . Happy Valentine's Day!