



THE OLD GUARD NEWS

Volume 77, Number 3 March 2006

Happy St. Patrick's Day . . .

Looking at my calendar, there are four days highlighted . . . Ash Wednesday on March 1st, Purim on the 14th, St. Patrick's day on the 17th and the first day of Spring on the 20th.

Two of the events are Christian, (Ash Wednesday and St. Patrick's Day) one Jewish, (Purim) and of course, Spring is universal.

Probably the best known and most fun is St. Patrick's Day set on the day of the Saint's death in the 5th century. First celebrated in America in 1757, it is now almost as if we are all Irish.

However, 34 million U. S. residents claim Irish ancestry (I don't know what the statistic is for Canada). That is nine times the

population of Ireland. And, Irish is among the top five ancestries in every state but Hawaii and New Mexico.

What does all this have to do with NAFYR? Not much, but it got me thinking.

NAFYR is a big organization. Our membership includes all nationalities, racial groups, religious faiths, both sexes and covers the United States and Canada.

From time to time we get letters asking why we didn't mention this group or that, highlight one holiday or another, mention some activity or event. The calendar is one way to remember the national holidays or commemorations.

However, not all calendars list all of them. And, heaven knows, your editor is not perfect (just ask his wife and friends). Sometimes it is easy to overlook the obvious.

This newsletter is designed to be YOUR "house organ." We are very responsive to your wants and desires but that requires your input. You have to let us know what those are.

We have eight pages to fill every thirty days. You can be very helpful with what appears on those pages.

Write a letter, write an article, take a photo, be a contributor rather than a critic.

We're here to serve you!



Gloves for Chengdu School Kids

Inside this issue:

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Legends . . .



Everett Christmas and Fred Hoshiyama call themselves "triangle heads" because of their long affiliation with the YMCA.

Fred's father was a board member of the Japanese Y in southern California back in 1914. Fred has been related to the Y all of his life—92 years.

Everett has been a member of the Y for 67 of his 72 years. He lived next to a Y for the first eighteen years of his life.

Claiming to be retired but not tired, they are starting their 16th consecutive year as motivational speakers for the staff development program called Principles and Practices.

Being re-tired they keep on rolling on.

Special points of interest:

- Health Hints . . . Learn about Dioxins in your food.
- Sir George Williams Grads . . . You may be eligible for a commemorative diploma.
- Travel Tips . . . Montreal is the feature destination this month.
- A Letter from the Lievings . . . An appeal for their replacement.



**Len and Audrey Covello
Health Hints**

The combination of high heat and plastic releases Dioxin . . .

It's March—your weather should be moderating a bit—time to get outside and stretch your legs for a walk.

Do you freeze water in a plastic bottle prior to taking a walk, playing a game of golf or a tennis match? It sure helps keep the water cool but freezing water in plastic bottles enables Dioxin, which is a carcinogen, to infiltrate into the water.

Filling your bottle with cool water is a far better way to re-hydrate.

Heating foods in the microwave using plastic containers creates the same hazard. The combination of high heat and plastic releases Dioxin into the food and ultimately into the cells of your body.

Food (TV dinners, soups, etc.) should be removed from plastic containers and heated in ceramic or tempered glass.

A bit of prior thought when using plastic will help prevent some serious medical problems.

Editor's note: Len Covello earned a BS at Springfield College and MS at Columbia University in Health and Physical Education. After four years in the Army Air Corps, he spent 42 years with the YMCA at Newark, Greater NYC and on the staff of the New England Area and Mid-America Area as Health and Physical Education Consultant. Audrey graduated from Lab Technology and Medical Assistant School in NYC. The Covellos retired to mile high Prescott, AZ in 1984.

Letters to the Editor . . .

We receive a lot of mail, both e-mail and through the USPS. The following are just a sample of some that came in this past month.

“ . . . I suspect that most YMCA Professionals look back on their career and identify one person (perhaps more) who had been helpful, encouraging and maybe even inspirational when they were in the early stages of their career.

I think it would be interesting and maybe even inspiring to hear their stories. Just an idea. No offense if you self it.”

*- Gaylord Thomson
Spokane, WA*

Sounds like an interesting idea. Would anyone like to take a stab at writing about their mentor? We'll always have room for a good article.

** * **

Dear Bill:

Truly sorry to be negative, but my wife and I are not crazy about the new OGN format.

The print is too small and it lacks the color and personality of the former format—looks drab by comparison.

Good luck with it.

*Best wishes,
Art Holland*

P.S. If you keep the old name it's ok with us!

** * **

Great job with the OGN . . . Really liked your layout—clean, easy to read (though some may say the font size was a little small) and professional looking.

As for the name change, I would only caution that is shouldn't be “cute” and should maintain a professional ring to it. If possible the name should carry some communication objective (no, I don't have a suggestion right now). The newsletter is our primary communication piece to new members . . . They have just left the professional ranks and are still in that mind set. We also have to remember those who have been retired for a while . . . the

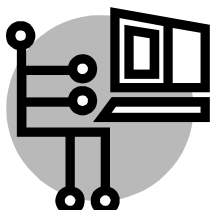
change made several years ago from Old Guard News to OGN helped to bring us to this point where a change can be made without alienating them.

Again, super newsletter,

- Phil Wortman

** * **

As you can see from the above letters, you can't please everyone. Fortunately, your editor has a thick skin and can take the bad with the good. The important thing is that you keep in touch and let us know what you like and what you don't. Sometimes we'll take your suggestion and sometimes we won't. Just keep those cards and letters coming!



Keep those cards and letters coming.

From the President . . .

Spring is just around the corner. I know, some of you live in perpetual 'Spring,' but those of us who have the experience of 'seasons' Spring is special. That first blush of green along the side of the road, buds popping out on trees, and the first crocus to poke through the ground in a splash of white, yellow or purple.

It's also a great time for NAFYR, a time to implement those fresh ideas for fellowship, conceived in the snugness of Winter.

Last month, I had the opportunity to participate in the AYP Board meeting. As many of you are aware, the NAFYR president is a member of the AYP Board, with both voice and vote. Two elements of that board meeting stood out for me. The first, involved an extended dialogue on the topic of 'membership.' Interestingly, the questions are essentially the same as the questions we in NAFYR visit with respect to membership: issues of recruiting and retaining; Issues of

having substance; the value of relationships; and the importance of "the chapter as the focal point of the AYP experience.

For the most part, AYP members have their annual dues paid by their home association. While having one's dues paid by someone else is a nice perk, it does compromise the degree to which one can truly be regarded as a "stakeholder."

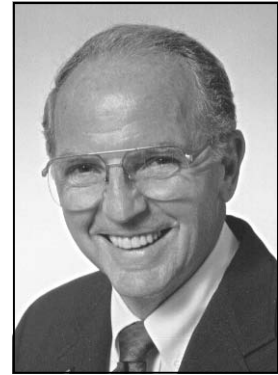
NAFYR is also challenged in this regard. Our chapters have annual 'dues.' The parent organization, the North American Fellowship of YMCA Retirees, does not have 'dues.' NAFYR relies on the good will of the membership to make a voluntary contribution. Fortunately, we also have Dottie Eley, who carries the request message to our USA and Canadian colleagues, AND, we are favored by the generous response of the members.

The second impression I took from the meeting was with respect to the leader-

ship role played by the YMCA Retirement Fund, beyond the excellence they exhibit in managing the resources of the fund. YRF president John Preis also has full membership on the AYP board and is a regular contributor to the discussion and debate. A current project of YRF is to survey retirees to learn about their views and experience in preparing for retirement.

Because of extensive news coverage, we are familiar with damaged and broken retirement programs of some of North America's once most admired corporations. One can only begin to imagine the consequences of those failures to the folks who trusted their corporate leaders to do the right thing.

My hope is, that when you got your survey, you expressed your opinions, shared your experience. The results may not directly impact those of us who enjoy the benefit of our prior planning, but those results will serve our "active" colleagues



Hank Bagelmann
NAFYR President

through improvements based on wisdom and experience. The survey was sent to all retirees for whom the Y-Retirement Fund had an e-mail address.

Live the spirit of 17:21...

Hank

"It's
also
a
great
time
for
NAFYR . . ."

Holy Land Opportunity . . .

The International Branch YMCA has announced a trip to the Holy Land led by **Harold Smith** and **Bonnie Mairs**.

The ten day trip will begin May 11, 2006 and will feature the YMCA's work in the Holy Land. The group will stay at the West Jeru-

salem YMCA and also Peniel by Galilee.

This trip is designed for current and retired YMCA persons who want a purpose-filled tour with exposure to Israeli, Palestinian Muslim and various Christian peoples in that area.

For information contact **Jesus De Las Salis**, Executive Director, International Branch YMCA, West Side YMCA, 5 West 63rd Street, New York, NY 10023-7101; telephone (212) 727-8800.

Here is a chance of a lifetime for NAFYR members.

From the Chapters . . .

Central Atlantic Area Chapter recognized **Maurice Hight** for his service as the Chapter Photographer for the past seven years. The chapter membership is the highest ever—143 members. Also, members who need transportation to meetings can arrange a ride by calling Past President, **JoAnn Millet**. The Chapter's Spring Reunion will be in the Brandywine Valley, April 27-28. They will visit Longwood Gardens and Winterthur.

New England Chapter is planning their Spring Fling for May 17-18 at the Putney Inn, Putney, VT. The chapter has organized a Member Needs and Cares Committee, chaired by **Judy** and **Cliff Moss**.

McCoy Chapter will conduct their first-ever Wonder Valley Conference, March

6-8. This replaces their annual *Asilomar Conference*. April 18-21 the McCoy and Allen-Stone Chapters will attend the NAFYR Oregon Shakespeare Festival. This will be the 16th year the chapters have attended this event.

Schreiner Chapter Spring Rendezvous will be April 4-5 at Corsicana Inn. In addition to golf, the schedule includes tours of Civil War Museum, Western Art Museum and the Planetarium Theatre.

Yet another Spring Fling planned by the **Weatherford Chapter** May 2-4 in Wilmington, NC. The Chapter Board just set a goal of a minimum of 75% participation in EAF for 2006!

C.B. Willis Chapter met January 19th in Ft. Myers

for a Dinner Mystery Ride on the Seminole Gulf Railway. Twenty-five members and two special guests enjoyed a 5-course meal and mystery. It is reported that Bill Markell solved the crime of who killed Mickey. The next meeting of the chapter is March 21-22 in Palm Beach County. The last Board meeting of the year will be April 11th at the Lone Palm Country Club. All are welcome.

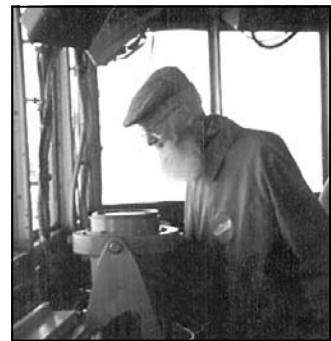
Lyon Chapter is planning a trip to the Ronald Reagan Library, Tuesday, April 11 at 10:00am. Cost is \$9/person. Future adventures include: San Juan Capistrano, September 12 and a Christmas Party at Beckham Restaurant, December 12. Now that's planning ahead!

Ozark Chapter Spring Meeting is April 25-27 at

the Kimberling Inn in Kimberling, MO. Included in the program is a Branson Show — "Broadway!"



A group from The Central Atlantic Chapter visits USS New Jersey.



Tom Moore mans the bridge of the USS New Jersey.

Photos by Maurice Hight

2006 YMCA World Service . . .

Hello Dear OGN Readers!!

I am looking forward to the World Service campaign this year and sharing the 2005 YMCA World Service Case Statement with you, which will be included in our letter to you by Walt Jacoby in early March. We are truly thankful for your support and help in each year to bring World Service closer to every YMV community. It is a great mission. This year we con-

tinue to increase awareness of our international organization and outreach in building a better world. It will be the same size as Y Member News Poster that you see posted in your local YMCAs, with an informative and visual explanation of World Service and the tremendous impact the YMCA is making worldwide.

If you'd like to become more involved in your area in supporting the World

Service Campaign, please contact Mary Tikalsky or Alice Lee-Osborne at 1-800-872-9622 or email mary.tikalsky@ymca.net

God bless you!

Mary

P.S. Happy New Year! Best wishes for 2006. Thank you for sharing your time, talent and treasure with the world!



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

Jim and Sharon Schultz, 611 Redwood Drive, Lincoln, NE 68510.

Ann and W. MacCullough, 5415 Gable Street NW, Albuquerque, NM 87120.

Timothy and Delania LaPlante, 300 Maple Street, Potosi, MO 63664

Beverly Hanson, 1305 6th Avenue, NE, Austin MN

Robert and Marsha Huston, 2795 W. Paligraf Drive, Muncie, IN 47304

Deanna and Richard Weyhreter, 45 Locust Avenue,

Glen Head, NY 11545

Nancy and Mike Schlatter, 4117 Mink Street SW, Pataskala, OH 43062

Bob and Nancy Shriner, 7347 Stuart Circle, Warrenton, VA 20187

Mike Olson, 1558 Colfax Street #2, Blair, NE 68008

Jane and Paul Stockhausen, 6883 St. Annes Dr., Fayetteville, PA 17222

Rose Ann and Roger Brauss, 780 Chalet Place, Humboldt, TN 38343

David and Pamela Livingston, 303 Kipukai Place, Honolulu, HI 96825

Keeping In Touch . . .

George McLuckie is in charge of the Russian Orphan Sponsorship program through his church, Calvary Community in Thousand Oaks, CA.

Tom and Marie Fink of York, PA are proud grandparents of TWIN granddaughters born 1/11/06.

Peter King is attempting to thru hike the Appalachian Trail this year. He is leaving May 1 from northern VA and hopes to finish in GA in October. If you live near the AT and are willing to host him for a night, he will be grateful. Email at : petking@htn.net during March or April.

Walt Griese is serving as Campaign Director for the \$4.8 million Southwest Family YMCA campaign in Temecula, CA.

Carl DuBois, Reno, NV is Campaign Director for the \$12 million Long Beach YMCA Capital Campaign.

The Church where **Ray and Nancy Hansen** were married 50 years ago is the same church that is depicted on the TV show "Seventh Heaven."

Pat Barker, Temple Terrace, FL , dominated the 2005 Tampa Bay Senior Games. He won 14 first place ribbons, 8 seconds and 1 third. He swept the swimming events. Pat has won his age group 8 out of the last 10 years. The two years he didn't win, he was injured. Congratulations, Pat!

Paul Brouillette is serving as a priest at St. Raphael the Archangel Episcopal Church in Oak Lawn, IL.

Carl Bruno reports that the GWC class of '69 still gathers for a weekend every August at College Camp, Lake Geneva.

Art Griffa is serving his fourth year as President of the School Board in Orange, NJ. He was honored recently by 25 of the "kids" who were in his program at the 28th Street Y in LA. They set up a Y membership in his name.

H. L. Gillespie is a Commissioned Lay Pastor at the Presbyterian Church in Oakhill, KS.

Joe Wootten, Bedrory, VA has been directing hospital campaigns for 4 years.

Pauline Stillwagon, High Springs, FL celebrated her 87th birthday recently and is still active in her Methodist Church.

Donald and Susanne Huebner are living in San Felipe, Baja, Mexico. He says more "gringos" are moving in all the time.

Dutch and Lois Hornstra, San Bruno, CA, picked up four new family members through marriage this past year.

Roland and Louise Davey, Sioux Falls, SD, are full time RV'rs traveling with the NOMADS, a Methodist Group volunteering to work on parsonages, children's homes and low income housing.

Jim and Marilyn Burdett, Lombard, IL report that Jim is president of Y's Men and they are going to Marilyn's 50th HS Reunion in California this year.

Pat and Nancy Scott, Carlsbad, CA. Nancy had surgery for a torn retina. Pat is teaching a graduate course at the University.

John Chatlain, Merriam, KS celebrated his 90th year.

Let us know what you have been doing. Send your successes and your adventures to the OGN Editor at wbmclm@aol.com



We Remember . . .

John E. Bertch, 1/03/06,
Daughter: Diana Baisley

Helen B. Fenn (Mrs. Elbert D)
12/20/05. Son: Dave Fenn,
24 Timberline Trail, Lander,
WY 82520-9635

Gerald L. Heyl, 8/19/05 (Mr.
Y's Men)

H. Lee Houser, 2/3/06,
Spouse: Nancy, 505 River
Oaks, Bakersfield, CA 93309-
2848

A. John Lehtinen, 2/25/05

Nancy Parkhurst, 8/20/05,
Brother: William, 11210 Trail-
side Ct, San Deigo, CA 92127

Herbert E. Pifer, 11/28/05,
Widow: Margaret, 1700 Bron-
son Way #118, Kalamazoo,
MI 49009

W. Robert Rankin, 9/15/05,
Pilgrim Place, Claremont, CA

Arlene E. K. Studer, 6/15/05,
Wife of J. Lee Studer, 24621
Julie Ave, Laguna Hills, CA
92653

Past President of NAFYR Passes Away in Chico, CA.

Harold Lyle (Hal) Gibbs,
13th president of NAFYR (*it
was known as IARD then*)
passed away on February 9
at Enloe Hospital in Chico,
CA from complications after
heart surgery.

Hal was the first president
to visit all the U.S. and Ca-
nadian Chapters. He pre-
sided over the chartering of
the Grand Canyon Chapter
and served as founding
president of the Branden-
berg Chapter. Hal was the
founder of the YMCA Mu-
seum, one of only two in
the world with a replica of
the George Williams Room.

He is survived by his son
Dennis and his wife of al-
most 50 years, Betty.

Hal will be missed by all of
his YMCA colleagues and
friends.



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

GOLDEN TREASURES – MARCH

63 YEARS

Kathleen and Bruce Kimmel, Greenfield, IN, 3/21

Marjorie and Jackson L. Reynolds, Schenectady, NY, 3/27

60 YEARS

Allyn and Vincent Gates, Zephyrhills, FL, 3/16

59 YEARS

Ruth and Jerry Lawton, Bear, DL, 3/22

Frances and Marlow Cowan, Ankeny, IA, 3/23

Doris and Roy Schlessman, Mesa, AZ, 3/29

58 YEARS

Marjorie and Conrad Fassold, Lenexa, KA, 3/20

55 YEARS

Barbara and James Bailey, Penney Farms, FL, 3/26

54 YEARS

Janet and Scotty Morrison, Bedford, TX, 3/1

Jean and O.E. Bergendahl, Erwin, TN, 3/22

Lynn and Ron Sheriffs, Carneys Point, NJ, 3/22

Carolyn and Royal Slack, Lady Lake, FL, 3/30

53 YEARS

Wanda and Bill McEldowney, Wheeling, WV, 3/14

52 YEARS

Bee and Bob Rule, High Point, NC, 3/27

51 YEARS

Betty and Jake Smythe, N. York, ON, 3/12

50 YEARS

Nancy and Raymond Hansen, 3/17

Dick and Mary Delano, Mesa, AZ , 1/21

NAFYR E-MAIL DIRECTORY

Ralph Drake, Reno, NV

ralphdrake@charter.net

Travel Tips . . .

Our neighbors to the north boast the world's second largest French speaking city in Montreal. The host of the 1967 World Fair and the 1976 Summer Olympics, Montreal is a bilingual cosmopolitan city.

In 1535, Jacques Cartier, who discovered Canada, returned to the island that will later bear the name Montreal. Impressed with the mountain, he climbs it and calls it Mont Royal. It wasn't until 1611, that Samuel de Champlain cleared away a site, Place Royale, near what is now the old port and was intended to be the nucleus of a new community. Thirty years later Paul de Chomedey founds Ville-Marie which gradually becomes known as Montreal a colony that struggles for another 25 years before prospering as a military and trade center. War rages on the continent in 1760 and Montreal falls into the hands of the British. New France and its 60,000 colonists is officially ceded to Great Britain.

Montreal's climate varies a

great deal over the year, from a chilly 10 to 25 degrees Fahrenheit in January to a pleasant (if sometimes humid) 65 to 80 degrees in July. Winter is made easier by the extensive network of underground shops and restaurants.

A city shaped by its past, proud of its heritage, and continually enriched by immigration, Montreal is the home to some 3.4 million inhabitants represented by no fewer than 80 different ethnic groups.

Because Montreal loves to celebrate, it has naturally become a city of dazzling international festivals: jazz, film, comedy, fireworks, fine dining, winter sports and many others. Visitors and Montrealers alike join in the festivities, succumbing to the city's mixture of European and North American charm that surprises and enchants. Dynamic and modern, but respectful of its architectural heritage, Montreal successfully blends the old with the new. A trip through the past in Old Montreal and Old Port reveals the origins

and the growth of the colony. Museums and historical sites alternate with irresistible bistros in an atmosphere of yesteryear. Although rooted in its past, Montreal looks to the future, having earned a reputation as a world leader in cutting-edge technologies such as aeronautics, information technology and biotechnology.

Montreal is a city of tourist districts. The Downtown is the home of the Underground Pedestrian Network that goes by the name "the Underground City" to Montrealers. Founded in 1860, the Montreal Museum of Fine Arts is located in the Museum Quarter. Linking the bustling modern downtown to the tranquil streets of the old city, the Quartier International is host to some of Montreal's finest design, architecture and cultural activities. Located between the river and city center, a trip through Old Montreal and Old Port reveals the origins and the growth of the colony. Museums and historical sites alternate with irresistible bistros in an atmosphere of yesteryear. Architectural lighting has

made the area more romantic and charming than ever, highlighting the museums, boutiques, sidewalk cafes and public places that are alive with activities all year long. Today, Mount Royal is a magnificent park, and a favored spot for nature observation. The Plateau Mont-Royal, in the heart of the city is often compared to hip neighborhoods in other great cities. This is where the young urban professionals live. Lively bars, restaurants and cafes define this areas unique landscape where Montrealers love to be seen.

Montreal is easily accessible by air from most major cities in the United States. While you are north of the border a visit to Quebec City, only a few hours away by car or train, is a must.

Well, I am ready to pack. How about you? Hope to see you there.

For more information on Montreal, contact Bruce Iacobelli, at Travel Destinations, 4320 N. Miller Rd., Scottsdale, AZ 85251; 1-800-443-4644; or send an e-mail to:

AoTravel@traveldestinationsinc.com.

Sir George Williams Grads . . .

Concordia University came into being with the merger of the Montreal YMCA-founded Sir George Williams University and the Jesuit-led Loyola College some twenty-five years ago. On the occasion of this milestone, and in a move to blend the rich histories and traditions of both founding institutions, Concordia

University is issuing a Commemorative Diploma to all pre-merger graduates.

"Sir George", and it's YMCA Fellowship Training Program, provided the springboard for the careers of many men and women who went on to serve the YMCA in Canada, the USA and in international postings.

If, as a former Georgian, you would like to reconnect with your past, you are invited to apply for your personal Sir George Williams-Concordia Commemorative Diploma.

Simply contact **Lyn Roy**, Alumni relations Officer at Concordia University Alumni Office, 1250 Guy Street, FB 520-66, Mont-

real, Quebec, Canada H3H 2T4. Let Lyn know your graduation date and your Fellowship connection.





A Letter from Larry and Carole . . .

Dear YMCA Retirees,

Carole and I want to thank you for making it possible for us to spend six months in China! This has been the “adventure of a lifetime”, and we are very grateful for this unforgettable and rewarding opportunity.

With four months behind us, and only two months remaining, we are beginning to look back with amazement at all the rich experiences we have had.

We teach conversational English to the Chengdu YMCA staff three days a week. The staff is so hospitable and appreciative, and definitely “Y” quality people . . . Like staffs in the USA. They have provided transportation and guides to many cultural and scenic places, including a four day trip to Yunnan Province . . . a most generous gift. They have given us an education about this amazing country. The many centuries of history and rich culture is mind-boggling. We loved it! (They also give us time to take trips on our own!)

The staff has made special efforts to celebrate American holidays with us, and to educate and include us on Chinese holidays. We have seen the best of two worlds come together.

Two days a week, we go to the YMCA Primary School, which is an hour from Chengdu, right in the middle of the rural farmland. With the help of a Chinese teacher, we conduct four classes of 1st–3rd graders in English. The students are eager to learn and so enthusiastic. It is a fantastic and humbling experience to get out of the YMCA car, and hear them yelling, “Hello Teachers!” The headmaster and teachers are very appreciative as well. We eat lunch with them, (interesting food!), and then they insist we take a rest before we teach our afternoon classes. (We would suggest that teaching experience is very helpful.)

We both believe many positive changes have taken place in our lives through this experience. Please consider this marvelous volunteer program. The Chengdu YMCA will welcome you with “open arms”! We will be delighted to answer questions and offer help! NAFYR pays your transportation, shots, and visa expenses, and the Chengdu YMCA supplies a very comfortable apartment and many other bonuses.

We are already starting to feel sad about leaving our many Chinese friends, and sincerely hope many of you will think seriously about this most rewarding opportunity. Chengdu YMCA needs you!

We send all good wishes for a Happy Chinese New Year!

Larry and Carole Lieving



The orphanage school kids are so proud of their gloves that the Lievings and friends bought for them. The schools are very cold inside, and no one had gloves.

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