



North American Fellowship of YMCA Retirees

# THE OLD GUARD NEWS

Volume 77, Number 9

September 2006

*It's Time To Play.....*

## Name That Cruise!!!!



As all NAFYR members know by now, the "Cruise Reunion" is set for September of 2008. Hosted by the New England Chapter of NAFYR.

This delightful cruise on a Holland-America ship will sail from Boston to Montreal with probable stops in Bar Harbor, Maine; Halifax, Sydney, Charlottetown, Quebec City, and Montreal, plus scenic cruising on the Saguenay Fjord. What a delightful time of year it will be for a scenic New England/Eastern Canada Cruise!

The organizing committee from the New England Chapter knows it could spend a good sum of money to hire a high-powered firm to create a logo and "name" for this cruise, but decided instead to give our very talented NAFYR members an opportunity to

showcase their creativity *and* to possibly win some very valuable prizes!

Here's the deal.....There will be two first-place prizes, which will be identical, consisting of a free "room for two" for the night prior to the cruise embarkation at our "official cruise hotel" (the Comfort Inn and Suites Boston Airport) plus \$50 in ship-board credit for you to use as you wish on board the ship for a total value of almost \$200!

How do you win? Simply by either creating a logo to be used on all letterhead and other pieces of promotional materials, and maybe t-shirts or caps, *and/or* creating a catchy name for the cruise. Two separate contests, with two separate prizes! Deadline for receipt of entries is October 15<sup>th</sup>, 2006.

Draw the logo *and/or* print the name(s) you would like to enter on an 8 ½" x 11" sheet of white paper and mail it along with *your* name and address to NAFYR Cruise, 38 Center Beach Ave, Old Lyme CT 06371.

And now for the fine print . . . the decisions of the judges (who are the members of the Cruise Organizing Committee) are final; you can send as many entries as you wish, and even send them all in one envelope; the winning entries become the property of New England NAFYR Chapter; the Committee reserves the right to alter the winning entries as they deem helpful for promotional purposes; and the committee reserves the right to reject any and all entries. Winners will be announced in a future issue of Old Guard News.

### Special points of interest:

- **Name That Cruise** — A contest with valuable prizes for the winner.
- **Old Guys Need Mentors Too** — Another in our series on people who influenced careers.
- **Tai Chi or Qigong** — More Health Hints from the Covello.
- **World Service Update** — News from Sri Lanka and Lebanon.
- **Peter Gabel wins the Stahl** — Peter joins an elite group.

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



**Len and Audrey Covello  
Health Hints**

Are you looking for “something different” in your exercise routine? Why not consider Tai Chi or Qigong?

Experts in wellness exercises say that if more seniors engaged in these body/mind exercises, older Americans would live longer and healthier lives.

In 2005 the National Council on Aging (NCOA) crafted a framework of Qigong and Tai Chi programs that

local aging organizations can implement. Many hospitals, community centers, YMCAs and social service agencies have begun to provide access to Qigong and Tai Chi. Medical doctors recommend their patients complement medical treatment with the practice of these wellness exercises.

Body/mind practices provide health benefits accessible to all such as reduc-

tions in pain, stress and medication use.

It is the hope of NCOA Qigong and Tai Chi can be inexpensively diffused throughout the U.S. through greater public awareness and by referencing the guidelines in their Consensus Document.

**“To accomplish the impossible, you have to use excellent people skills . . .”**

**“We don’t stop playing because we grow old; we grow old because we stop playing.”**

*- George Bernard Shaw*

## “Old” Guys Need Mentors Too! . . . By Gary Huff

I’ve been very lucky in my YMCA career to have good mentors. From **Hugh Wagner**, at Downtown Seattle, I learned the discipline needed to handle ever expanding to-do lists. From **Ron Kinnamon**, at YMCA of the USA, I learned the value of good communication skills and the power of public speaking. From **Dave Thornton**, CEO of the East Bay Y in California, I learned the satisfaction of consistently making the right ethical choice and doing the right thing. From Dave I also learned that you can be a great guy and a great Y director at the same time.

Then, in 1994, 6 ½ years from my planned retirement date in November 2000, I went to Seattle to become the chief operating officer under CEO, Neil Nicoll. Neil, as you probably know, is the new YMCA of the USA Executive. Though close in age, I quickly realized that I would continue to learn from Neil. He had a vision and

a lot to teach. And finding myself in a new challenging position, I knew this “old” guy needed a mentor too.

What I learned from Neil were two major things:

You can do what you formerly thought was impossible.

To accomplish the impossible, you have to use excellent people skills (values), financial skills and quality control skills all at the same time. In a culture that often splits itself into three camps, relationships vs. financial tasks vs. quality, Neil expects and models excellence in all three.

What does this mean? If the needs of young people and families are going unmet in the community, then we need to find a way to meet those needs. If that means we must raise \$40 million to get it done, then let’s go out and do it. Neil raises the bar on what’s realistic to accomplish and

cuts the excuses down to nil.

I retired in 2000 but I sit on the YMCA board where I live, Clallam County on the Olympic Peninsula in Washington State. I was the chair of their annual campaign this past year and now they are talking to me about leading a capital campaign. My love affair with the YMCA hasn’t died and I owe it to some great mentors who taught me to think big, do it right and never leave the values behind.

And never quit looking for mentors.

*Send us your story of the person who influenced your Y career.*

*-The Editor*



**Gary A. Huff retired in 2000 and lives in Sequim, WA.**

## From the President . . .

The words of **Martin Buxbaum** came through this past month as I reflected on the generosity of the members of NAFYR. Buxbaum in his poem *Giving* said:

*"The world has many happy folks... who smile each day they live...*

*because they know that happiness... depends on what you give.*

*"For the giving folks are different from their neighbors in the pod...*

*when your thoughts are of your brothers (sisters) ... then you're closest to your God.*

*"And the spark of love that's kindled... in a breast where hope has died...*

*sheds a warmth that's like no other... for it feels so good inside.*

*"And every time you give a bit... you add a little part...*

*to that something deep*

*within you... that the poets call - a heart."*

Yes, I took some liberties and made Buxbaum's poem gender neutral, and I'm confident he would appreciate the edit, as it was written nearly 50 years ago.

Appeals for EAF, YMCA World Service, and the World Brotherhood Campaign, direct contributions to NAFYR and to our Chapters can sometimes feel overwhelming. And let's not forget those "special" opportunities calling out for our support - and we respond. And - we are generous.

When one allows thoughts of legacy to dance through one's mind, the question that occurs to me is, "what values do we want attributed to our generation by the generations that follow?" How do we want to be remembered?

I recall a day many years ago, when a very close friend, **Al Benglen**, com-

pleted his life's journey. My youngest son, who was about 10 years old at the time, described Al as being "genuine." I realized that assessments of character and integrity do not escape the evaluation of those around us - even those of a 10 year old!

Personally, I'm proud to be a part of an organization that truly cares about our sisters and brothers throughout the world. Maybe, just maybe, we will be thought of as a generation that understood that time, talent and treasure are gifts to be shared, gifts to be given.

Live the spirit of 17:21...

*Hank*



Hank Bagelmann  
NAFYR President

“. . . what values do we want attributed to our generation by the generations that follow?"

## More Volunteers For China . . . by Peg Andrews

By the time you read this article, **Judy** and **Bill** will have their suitcases packed and be checking things twice. They will both be leaving for China in three days and probably never cross paths.

**Bill Hawkins** from Lords Valley, PA with all his YMCA experience in NJ is going to ChengDu and **Judy Sparanese** of Mission Viejo, CA with her YMCA experience in New York and CA is going to Beijing.

ISSC once again has two very good, enthusiastic volunteers for China. We will try to have some personal stories and photos from China in the next issue of The Old Guard News

Anyone interested in being a volunteer in 2007 give Peg a call at 623-546-9514 or send her an email to:

[pandrews1@cox.net](mailto:pandrews1@cox.net) .

Peg loves to talk about these volunteer experiences and will answer

any questions that you might have.

The expenses of ISSC have been high these last three years and finances need to be replaced. Remember to include the International Senior Service Corps in your World Service donation.

This is a very worthwhile program that NAFYR makes available to any YMCA in the world that needs help.



Peg Andrews, Chair  
ISSC

## We Welcome . . .

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

**Doug and Heather McEwen**, 205 - 14810 51st Avenue NW., Edmonton, AB T6H 5G5

**Peter and Cathy Noble**, 4300 Pheasant Run, Mississauga, ON L5L 2B9

**Gary Schofield**, 710 - 2020 Jasmine Crescent, Ottawa, ON K1J 8K5

**Bryon and Elaine Taylor**, 1358 Madronna Drive, Nanoose Bay, BC V9P 9C9

**J. Ross Thorpe**, 100 Johnstone Avenue, Dartmouth, NS B2Y 2K7

**Kirk Wipper**, 2691 County Road, #2, R.R. 8, Peterborough, ON K9J 6X9

**Dale and Barb Aasen**, 20 Spencer Street, Red Deer, AB T4N 0B2

**Les and Carol Csengeri**, #902 - 120 Duke Street, Hamilton, ON L8P 4T1

**Ed and Kitty Giles**, 15 Sillery Drive, Truro, NS B2N 5B2

**Velma Hills**, 482 Argyle Street, Saint John, NB E2M 3B1

**Robert Paling**, #303 - 1377 Lakeshore Road, Burlington, ON L7S 1B1

**Bill Pigott**, 2278 Brockstone Crescent, Orleans, ON K4A 4V3

**Liz and Gerry Benn**, 519 Huron Street, London, ON N5Y 4J6

**Maureen Dunn**, 77 Breton Park Crescent, London, ON N5W 1N2

**Philip and Jane Macdonald**, 686 Oriole Parkway, Toronto, ON M4R 2C5

**Grace Schultz**, #909 - 340 Willowdale Crescent, Sarnia, ON N7T 7S8

**William and Jane Thorsteinson**, 45 Moccasin Trail, Toronto, ON M3C 1Y5

**Mary Wallace Morris and Stephen Morris**, 1214 Dyers Bay Road, R.R. #1, Miller Lake, ON N0H 1Z0

**"Sandy" Charles Keir**, 3594 River Road, R.R. 3, Manotick, ON K4M 1B4

**Barbara Dougherty**, Assoc Branch Executive, Nashua NH, 17945 SE 86th Oak Leaf Terrace, The Villages, FL 32162, 352-454-6640

**Luis A . Ocasio**, Building Manager, New York City, 751 Steeplechase Road, Landisville, PA 17538, 717-725-3231

**Peter and Edith Rich**, CEO Ocean City -lift YMCA, 36 Mitchell Drive, Toms River, NJ 08755 732-240 -2056 [Qmitchell3@aol.com](mailto:Qmitchell3@aol.com)

**Sylvia Perdue**, Office Assistant, YMCA of Columbus, GA, 16524 US Hwy 280E lot229, Smiths, AL 36877, 334-448-4672

**Jodi and Chuck Mills-Cerny**, Instructor, Central YMCA Community College, 2437 North Burling Chicago, IL 60614 773-327-4773 [Cerny2437@copper.net](mailto:Cerny2437@copper.net)

**Gail and Frank Rossi**, Program Secretary, Tuscarawas County YMCA, 207 Bell Ave., Dover, OH 44622, 330-343-9050 [Ger@tusco.net](mailto:Ger@tusco.net)

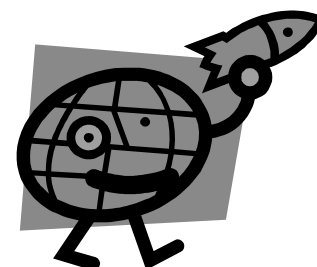
**Charles and Diane Wilkins**, VP Human Resources, YMCA of Greater New York, 11 Pilgrim Run, East Brunswick, NJ 08816, 732-238-6896 [Ewilk61958@aol.com](mailto:Ewilk61958@aol.com)

**Efrain and Paula Andrews**, Controller, YMCA of Honolulu, 98-1366 Onikiniki Place, Aiea, HI 96701 808-486-6066

**Georgia and Bill Schneider**, Office Manager, Tampa Metro YMCA, 15888 Sanctuary Drive, Tampa, FL 33647 813-977-2572

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**Chuck and Dot Youngfleisch**, Computer Systems Operator, YMCA of Pittsburgh, 2022 Pine Lane, Schellburg, PA 15559 814-733-4918 [cyngfisch@aol.com](mailto:cyngfisch@aol.com)



## World Service Update . . .

2006 YMCA World Service is at \$906,000, with the Y Retirees cash and pledge contributions at \$36,376 from 249 Y Retirees at this time.

Thanks to all for your support, we continue to receive contributions daily! Each year, YMCA Retirees and NAFYR Chapters contribute, on average, a total of \$100,000, which is a huge

testimony of your leadership and dedication to volunteers and staff throughout the country. We look forward to your continued support and commitment to our YMCA world mission.

I'd like to share a few brief updates with you from Sri Lanka YMCA and Lebanon YMCA, to give you an idea of the ongoing incredible courage of our colleagues overseas, as well as the

impact of contributions to YMCA work:

### Sri Lanka

*"The escalation of violence in the country has hampered the smooth operation of our Tsunami response involvements, especially in North and East.*

*This is further aggravated with the demand for construction materials that are already in short supply re-*

*sulting delays in completing construction programmes, especially Housing Projects.*

*Moreover we had to postpone some of our Children and Youth activities due to the disturbing situations prevailing in most parts of the country but, we are hopeful to complete our planned involvements with minimum delays."*

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## We Remember . . .

Ruth Beck, 88, 8731 Glen Nevis Road NE, Ada, MI 49201.

John Calhoun, 92, 103 South York Avenue, Mason City, IA 50401.

John Comeau, 60, Supervisor, 134 South 2nd Street, Apt 713, New Bedford, MA 02740.

Vicki Corey, 57, Finance Manager, 13241 Crestview Drive, Anchorage, Alaska, 99516.

Roy C. Douglas, 60, Engineer, 2322 Joppa Avenue, Zion, IL 60099.

George H. Garniss, 86, Campaign Director/Consultant, 22535 SE Highland Circle, Apt 105, Issaquah, WA 98029.

Harold L. Garver, 95, Custodian, 60 State Route 603W, Shiloh, OH 44878.

Gordon "Jeep" Gaston, 77, General Director, 1732 Luthy Drive NE, Albuquerque, NM 87112.

Richard Hansen, 83, Food Service Manager, 1414 North Damen Avenue, Apt 408, Chicago, IL 60622-2045.

Allen C. Hutchinson, 89, Vice President, 971 Hartford Turnpike, North Haven, CT 06473.

Eileen Kuether, 83, Child Care Giver, 1540 North 59th Street, Milwaukee, WI 53208.

Daryl E. Madison, 65, General Executive Director, 7116 Laclede Meadows Drive, St. Louis, MO 63123.

John A. McRae, 69, Custodian, 14000 Terrace Road, Apt 316A, East Cleveland, OH 44112.

Richard J. Mernitz, 83, Director, 20802 North Cave Creek Road, Apt 57, Phoenix, AZ 85024.

Maria Montalbano, 62, Receptionist, 20035 West Country Club Drive Apt 2607, Aventura, FL 33180.

J. Robert Morse, 84, 5 Kenwood Circle, Queensbury, NY, 12804.

Ahmad Neyestani, 65, Instructor, 6526 North Seely Avenue, Chicago, IL 60645.

Patricia Prinzing, 80, Bookkeeper, 821 South Los Zafiros, Green Valley, AZ 85614.

James L. Sanders, 49, Executive Director, 5 Hagen Court, Coram, NY 11727.

Elcie Winston, 93, Maintenance, 311 North Humboldt Street, San Mateo, CA 94401.

Evelyn Caldwell, Spouse, 19390 SW Madeline Street, Beaverton, OR 97007.

## Obituary . . .

We announce with regret that **Rev. Lee Soo-Min**, former Secretary General of World Alliance of YMCAs passed away in July 21, 2006.

Company funeral service was held as follows:

Time and Date: 09:00 a.m. July 24 (Monday)

Place: No. 6 Yonsei Funeral House in Severance Hospital

134 Sinchon-dong, Seodaemun-gu, Seoul

We express our sincere gratitude to his many friends who showed him kindness during his lifetime. You could present condolence to [joytogether@paran.com](mailto:joytogether@paran.com).

**National Council of YMCAs of KOREA**

## From the Chapters . . .

Members of the Upper Midwest Chapter traveled to the world's largest inland sea port—Duluth, Minnesota—for their summer meeting July 19-21.

Members enjoyed fine fellowship, good food and, choices of numerous tours including a boat tour of the Duluth-Superior harbor, a scenic railroad trip along the coast of Lake Superior (the world's largest fresh water lake), visit to the Great Lakes Aquarium, and a tour of the William A. Irvin 610 foot ore boat that was once the flag ship of the U.S. Steel's fleet.

The summer get-together was topped off with dinner at the Duluth Athletic Club and attendance at the Duluth Playhouse Theatre production of the Broadway musical comedy "Once Upon A Mattress."

**Copeland-Budge Chapter** will celebrate their 70th Anniversary with a gala event to be held at YMCA Geneva Park, September 18-20, 2007. Mark your calendars now!

The October meeting of the Toronto Copeland-Budge will be October 19, 2006 at YMCA Canada. **Michael**

**Weil**, President and CEO of YMCA Canada will be the guest speaker.

The Ottawa Fall Luncheon will be October 25, 2006 at the Nepean Y.

**Allen Stone Chapter** is planning their Seabeck Retreat, September 5-7, 2006 at the Seabeck Christian Conference Center, Seabeck, WA. Cost for the full conference is \$140/person (2 nights and 7 meals).



## Keeping In Touch . . .

In a note from **Val McClure**, Arroyo Grande, CA . . .

*"...been busy on the County Grand Jury since last June. It was a great experience. Also busy with my church choir which is going to England for a "Wesley" tour and to sing four performances."*



# GOLDEN TREASURES SEPTEMBER



## 69 Years

**Freedra and Bob Apgar**, Orange City, FL, Sept. 4

## 63 Years

**Carol and Harry Wardell**, Camden, ME, Sept. 7

**Zama and Orwell Tousley**, West Hartford, CT, Sept.12

## 60 Years

**Marion and Robert Leonard**, Puyallup, WA, Sept.14

## 59 Years

**Yolana and Don McKiernan**, Southport, NC, Sept. 13

**Lila and Myron (Pinky) Parker**, Germantown, TN, Sept.11

**Audrey and Len Covello**, Prescott, AZ, Sept. 27

## 58 Years

**Alta and Ken Thiel**, Northbrook, IL, Sept. 4

**Olive and Bob Carlson**, Charlotte, NC, Sept. 11

**Betty and Dale Soble**, Winter Haven, FL, Sept. 11

**Ada and Dick Taylor**, Walla Walla, WA, Sept. 18

**Dorothy and Robert Karmgard**, Chicago, IL, Sept. 25

## 57 Years

**June and Ian Anderson**, Solana Beach, CA, Sept. 3

**Mary Lou and Joe Mesplou**, Torrance, CA, Sept. 10

**Patricia and Fredrick Zitzer**, Bozeman, MT, Sept. 10

**Ericka and Mike Andrassy**, Almonte, ONT . Sept.17

**Martha and Ray Bardin**, Rowlett, TX, Sept. 30

## 56 Years

**Buena and Scotty Washburn**, Salem, OR, Sept. 3

**Shirley and John Tisdale**, San Diego, CA, Sept. 5

## 55 Years

**Phyllis and John Barclay**, Westfield, MA, Sept. 8

**Ann and Jack Cole**, Golden Valley, MN, Sept. 21

**Claudean and Sam Bixler**, Chandler, AZ, Sept.28

**Erma and Robert Sanders Jr.**, Richmond, VA Sept. 29

## 54 Years

**Keitha and Russ Davey**, Orillia, ONT, Sept.20

## 53 Years

**Hope and Tom Patton**, Dover, OH, Sept. 15

## 52 Years

**Mary and Howie Merrick**, Hamilton Square, NJ, Sept. 11

**Gretchen and Roy Nelson**, Warwick, RI, Sept. 11

**Arlene and Tom Hetrick**, Hickory, NC, Sept. 18

**Florence and Don Toft**, Sioux Falls, SD, Sept. 24

## 51 Years

**Mary Ann and Les Sommers**, Glen Ellyn, IL, Sept.4

**Mary Alice and Dick Davis**, Vineland, NJ, Sept. 5

**Beverly and Alfred Hansen**, Pascoag, RI, Sept. 10

**Juanita and Ed Jezek**, Edmond, OK, Sept. 17

**Barbara and Joe Morgan**, Edgewater, Florida, Sept. 22

**June and Dan Harris**, Pickens, SC, Sept. 24

**Barbara and Alexander Smolenski**, Scotia, NY, Sept. 25

## 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)

### You Know You're Getting Even Older When...

1) You and your teeth don't sleep together.

2) You try to straighten out the wrinkles in your socks and discover you aren't wearing any.

3) At the breakfast table you hear

snap, crackle, pop and you're not eating cereal.

4) Your back goes out, but you stay home.

5) When you wake up looking like your driver's license picture.

6) It takes two tries to get up from the couch.

7) When your idea of a night out is sitting on the patio.

8) When happy hour is a nap.

9) When you're on vacation, and your energy runs out before your money does.

10) When you say something to your kids that your mother said to you, and you always hated it.

**Housing:**

**Matara: "Dickwella Y Village":** Families have moved in and adapting to the new environment. Retaining walls to stop soil erosion are being constructed with the participation of beneficiary families. A need study is underway to initiate Livelihood Recovery Activities for the families.

**Matara, Weligama:** 5 houses built here are nearing completion. Once the list-of-Beneficiaries is received from the Government Agent, final arrangements will be made to hand over the houses in mid - August.

**Galle, Walahanduwa:** 30 houses constructed here. The work will be completed by the end of August. Roof-tile laying and timber work are in progress.

**Media Conference:** The Media Personnel of the South representing major electronic and print media institutions, show great interest in YMCA's activities after the Dickwella Y-Village incidents. They were taken to the Walahanduwa Scheme on July 4<sup>th</sup> and later a news briefing was held.

**Kalutara, Paiyagala:** (13 Tsunami Houses-

**New Project)** A NGO which undertook to build houses for 13 families, affected by the Tsunami but neglected by other relief agencies, backed out when 9 houses reached foundation level due to lack of funds. YMCA is to complete the 9 houses and signed the MOU with the Kalutara Government Agent and RADA officials on the 24<sup>th</sup> of July.

**Movement Strengthening:**

Much work has gone through to prepare the draft proposal to come up with requirements to build a Strong Sri Lanka YMCA based on YMCA Global Operating Plan movement strengthening concepts, to address the needs and aspirations of Sri Lanka Constituency and in return, to empower all member YMCAs to address their needs of their community. This project is partnered by the YMCAs of USA.

(Comprehensive update with photographs is posted in our website:

[www.srilankaymca.org](http://www.srilankaymca.org)

**Lebanon YMCA Update: (August 2, 2006)**

As you know, we need all the praying you

could come up with, to support all fronts: a ceasefire – an acceptance of our AID proposal – the safety of everybody.

As for any enquiries to what the YMCA is doing now in Lebanon: we are continuing to medically take care of the chronically ill patients (throughout our network of 456 dispensaries) with special emphasis on the newly established displacement centers, trying to locate these patients and direct them to the closest dispensary is not an easy job. **Dr. Marlene Zakhia**, the Director of the YMCA Medical Program appeared (live) on a major TV station yesterday for one hour and a half, directing people, answering their questions and making sure that each chronically ill patient has been taken care of. YMCA telephone numbers are constantly shown on the TV screens requesting people with questions reference medicines to contact us. We are working six days a week even on holidays. Please make this information available to whoever asks.

Thanks again for everything.

- **Mary Tikalsky**  
YMCA of the USA

**A Physician, a Civil Engineer, and a Consultant . . .**

A physician, a civil engineer, and a consultant were arguing about what was the oldest profession in the world.

The physician remarked, "Well, in the Bible, it says that God created Eve from a rib taken out of Adam. This clearly required surgery, and so I can rightly claim that mine is the oldest profession in the world."

The civil engineer interrupted, and said, "But even earlier in the book of Genesis, it states that God created the order of the heavens and the earth from out of the chaos. This was the first and certainly the most spectacular application of civil engineering. Therefore, fair doctor, you are wrong: mine is the oldest profession in the world."

The consultant leaned back in her chair, smiled, and then said confidently, "Ah, but who do you think created the chaos?"

**Top Ten Things You'll Never Hear from your Consultant**

- 1) You're right; we're billing way too much for this.
- 2) Bet you I can go a week without saying "synergy" or "value-added".
- 3) How about paying us based on the success of the project?
- 4) This whole strategy is based on a Harvard business case I read.
- 5) Actually, the only difference is that we charge more than they do.
- 6) I don't know enough to speak intelligently about that.
- 7) Implementation? I only care about writing long reports.
- 8) I can't take the credit. It was Ed in your marketing department.
- 9) The problem is, you have too much work for too few people.
- 10) Everything looks okay to me. You really don't need me.

**You've Had Way Too Much Coffee When...**

- 1) Juan Valdez names his donkey after you.
- 2) You grind your coffee beans in your mouth.
- 3) You sleep with your eyes open.
- 4) You lick your coffeepot clean.
- 5) Your eyes stay open when you sneeze.
- 6) You can jump-start your car without cables.
- 7) Your only source of nutrition comes from Sweet & Low.
- 8) You don't sweat, you percolate.
- 9) You've worn out the handle on your favorite coffee mug.
- 10) The Taster's Choice couple wants to adopt you.



## Peter Gabel 2006 Stahl Recipient . . .



- President* **HANK BAGELMANN**  
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Peter S. Gabel, Denver, CO, a member of the Weidensall Chapter, is the 2006 recipient of the F. William Stahl Award.

Peter recently stepped down after six successful years as Editor of the Bridges Newsletter, published by the World Fellowship of YMCA Retirees. Bridges is at the top of the list of WFYR's most important contributions to retirees around the world. Peter has continually received praise for its exceptional quality and content.

The award is presented annually in the name of F. William "Bill" Stahl who will be remembered by our oldest NAFYR members for his many contributions to YMCA staff leaders throughout the country. His service in the YMCAs of Pittsburgh, Atlantic City, and

Baltimore was outstanding. Stahl was the editor of the Forum (forerunner of Perspective Magazine), General Secretaries News, Business Administration Magazine, and Old Guard News.

Following Bill's death, the IARD (as NAFYR was then known), initiated the triennial F. William Stahl Award in 1976. The first two recipients were active YMCA staff. Since 1997, the Award has been presented every year to a person nominated by NAFYR members through a Chapter using the following criteria:

"A nominee must be a living, active member of a NAFYR chapter. They must have made a significant contribution toward the advancement of professional knowledge

and skills through written expression, the arena of Bill Stahl's greatest contributions. Examples of such written expression are communications, creative materials, public relations, management resources, general and historical research".

Congratulations, Peter, you have certainly earned this high honor!

### **F. William Stahl Award Honorees:**

1975	Ronald Kinnamon
1978	Robert A. Rule
1979	Paul M. Limbert
1982	August O. Becker
1985	Max W. Clowers
1989	J. Robert Knight
1991	Lee S. Wilson
1993	Robert W. Harlan
1994	Alan J. Pickering
1997	Eugene A. Turner, Jr.
1998	John C. O'Melia
1999	John R. Fisher
2000	H. Parker Lansdale
2001	Andrew Brethauer
2002	Henry A. Bagelmann, Jr.
2003	Gerald R. Morse
2004	Richard A. Ortmeier
2005	Frank C. Kiehne
2006	Peter S. Gabel