

The Florida Connection **Sandpaper**

November 2019 Volume 82 Issue 2

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The mission of the YMCA Alumni is to enable members to promote a nurturing worldwide Christian fellowship that provides educational, social and charitable opportunities.

C. B. Willis Chapter Officers

Co-Presidents

Tony and Patty Borton
giantstb@bellsouth.net

Co-Vice Presidents

Debra and Larry Garvin
lgarvin@me.com

Co-Treasurers

Janet and Bob Ferguson
rhferguson@tampabay.rr.com

Secretary

Carl Gaites
treebender8@gmail.com

Past Co-Presidents

Joe and Tonia DeGroote
jdegroote1660@comcast.net

The Florida Sandpaper is the newsletter of the C. B. Willis Chapter of YMCA Alumni and is published six times a year.

Sandpaper Editor

Phil Wortman
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Garvins elected in a landslide vote!

With the entire group that was present during the campaign rally cheering, waving campaign posters, shooting off fireworks and responding to the exciting campaign promises and dynamic rhetoric of the candidates, it appeared that there was no stopping the seasoned frontrunners of Larry and Debbie Garvin from completely dominating the entire election process.

Topping it off was the inspirational endorsement of the outgoing co-presidents, Tony and Patty Borton and their entire executive cabinet. One could almost see tears in the eyes as they stood and proclaimed their total support of the Garvin's' nomination.

While Larry capitalized on his recent election as Vice President East of the YMCA Alumni organization and delivered a stirring acceptance speech on their nomination, Debbie wowed the group with her beautiful smile and warm personality.

The atmosphere was so overwhelming that no other nominations were presented. Realizing that the Garvins were so popular, a nomination for their past chapter vice president position wasn't even presented. The Bortons will tempo-



rarily fill that position.

The re-election of the very popular Co-Treasurers Janet and Bob Ferguson and Secretary Carl Gaites also moved forward without opposition.

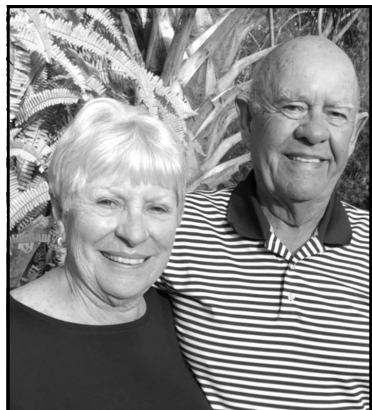
The Garvins swept the elections with an unanimous vote. Something that has happened during all the past elections over the modern history of the chapter.

In their post-election news conference the Garvins called upon the membership to continue the fellowship and enjoyment of chapter events as they have in the past. They also emphasized the importance of members renewing their membership for 2020 as soon as possible to keep the chapter strong and vibrant!

C. B. Willis Chapter - Connect-Travel-Serve

Messages and Reports

Co-Presidents' Message: Tony and Patty Borton



Our Annual Meeting at Perry's in Daytona Beach was fun, enjoyable and successful thanks to **Joan Jacoby's** planning.

We went to the Cici & Hyatt Brown Museum of Art where we had a wonderful tour and lunch. Our Dinner at Aunt Catfish Restaurant was fun and the food was excellent.

The World Service Silent Auction produced \$150.00. Thanks to all who contributed auction items and those who helped in the sale.

Tony reported the Nominations for next year's officers for Nominating Committee Chairman **Joe DeGroote** who was ill and not in attendance. Congratulations to the following officers of the C.B. Willis YMCA Alumni Chapter: **Co-Presidents, Larry and Debra Garvin; Treasurer/Membership, Bob and Janet Ferguson; Secretary, Carl Gaites.** The committee did not report a Vice President. Tony will assume this position temporarily until a VP can be nominated.

It has been an honor and pleasure for Patty and I to serve as your Co-Presidents. We shall continue being involved in our chapter and its activities. Thanks to all for your support and leadership.

ENJOY THE BENEFITS OF MEMBERSHIP



Yes, it is that time of the year ... renew your YMCA Alumni/Willis Chapter Membership for 2020 the easy way by clicking on **ymcaalumni.org** and completing the form and paying your membership dues all right there on the YMCA Alumni web page. It's quick. It's simple.

CONNECT-TRAVEL-SERVE

Daytona Report

Pat Frazier



Fall has come and time to get busy again. The C. B. Willis chapter started off with their meeting in Daytona Beach at Perry's Resort. Attending were: **Tony and Patty Borton, Larry and**

Debbie Gavin along with Debbie's sister and her husband Karen and Paul, also Janet and Bob Ferguson, Linda and Fred Cooper, Pat Frazier, and our hosts Joan Jacoby and Carol McLeod.

The weather was horrible as it poured (4 inches) all afternoon and evening. We got wet! We all got together for hospitality hour and caught up with each other on what was happening in our lives. We had a lot of fun and were loud. After an hour or so we headed to dinner at Down the Hatch where the food was very good. After dinner everyone was ready to go back to their rooms and rest.

After breakfast of coffee and home-made donuts we all met in the parking lot to head for the Cici and Hyatt Browne Museum of Art, depicting life in Florida from early settlement time up to around the 1970's. The museum is a buried treasure in Daytona that I am not sure people really know about. Joan only found out about it because someone from Penny Farms told her. The paintings were done by many artists and depicted a lot of St. Augustine, Gainesville and Sarasota. The group chose to have lunch there in the Cafe and the food was very good especially the home made soups. We had free time in the afternoon and the weather on Thursday was great for beach, walking, pool or just resting.

At 4:00 we gathered for our hospitality and business meeting. Tony called the meeting to order and opened with prayer asking for God to watch over **Joe DeGroote** as he is not doing well. He also ask for God to be with his daughter and son-in-law as they are recovering from cancer. Please keep these and others in your prayers. Tony thanked Pat for taking the

(Please see "Daytona" page 4)

Columns

Food For Thought

(A recipe for living)

Reverend. Joseph DeGroot



(Joe has been a "little under the weather" for a short while and will be back in full form for the next Sandpaper issue.)

The following devotion is from **Billy Graham's** "Hope for Each Day" publication:

"An Upside Down World"

God is not ashamed to be called their God. Hebrews 11:16

We live in an upside down world. People hate when they should love, quarrel when they should be friendly, fight when they should be peaceful, wound when they should heal, steal when they should share, do wrong when they should do right.

I once saw a toy clown with a weight in its head. No matter how it was placed, it invariably assumed an upside down position. It could be placed on its feet or on its side and when let go it flipped back on its head.

The clown illustrates why the disciples seemed to be misfits to the world. To an upside down man, the right side up man seems upside down. To the non-believer the true Christian is an oddity and abnormality.

Yet this isn't the whole picture, for all around us are people who sense that something is wrong with their topsy-turvy lives, and they yearn to be right side up. Will you pray for them and ask God to help you point them to life's only solid foundation—Jesus Christ?

Who Is Doing What

Dorothy Markell, Correspondent



Fred Toot writes: "On June 24th **Janet** and I completed 58 years of a happy marriage. We were blessed to have all 10 of our family visit for four days

to celebrate the occasion.

"That was two sons, two daughter-in-laws, three grandsons, one grand daughter-in-law and one grand fiancé'. The special guest was our one year old great grandson. They came from Tucson, Boston, Pennsylvania and Buffalo. They were a CEO of a Hospital, President of the Local Electrical Union, Producer for the Bills, and Captain of the Fire Department. Sooo proud!

"We also celebrated both Janet and I turning 80. We hope to or try to get to a meeting sometime this next season. Janet is a bit limited so we can only try!"

Pat Frazier reports that she spent 10 days in North Carolina visiting her son and daughter-in-law. After that visit she boarded a train and went to Virginia to visit with her best friend **Ilse**.

There they visited the new Bible Museum which was well worth visiting when you are in D.C. Pat also went to Arlington Cemetery, which she had never visited before. It was very hilly, but very impressive. There always seems to be something else you need to see in D.C.

From **Carl and Alice Gaites** ... it's a joy. Their son and new daughter-in-law have purchased a lovely home in North Port and are busy moving in after a lovely wedding. Their daughter who has been visiting is heading back to Frederick, MD to give notice on her job and will move to Punta Gorda. It will be nice for Carl and Alice to have family so near.

(Please see "What" page 4)

Fitness:

Phil Wortman, Roberts Gulick Award

November and December ... Food! I'm looking forward to Thanksgiving and the Christmas cooking (and eating) extravaganza ahead.

Oh yes, I plan to be stuffed when I waddle away from the Thanksgiving dinner table and plop down in my recliner. And the Christmas goodies ... yum, here I come!



Am I going to feel guilty that I ate that extra piece of pie?

Heck no. It is perfectly okay to enjoy "overeating" even if you are on some sort of a weight loss program.

Eating too much every now and then is perfectly normal, and acceptable. "From the moment we're born, we're nurtured with food, rewarded with food, and so emotional connections to food are normal," says Michelle May, MD, author of *Eat What You Love, Love What You Eat*.

Overeating every now and then doesn't destroy a weight loss diet. It is the mindless eating that causes the problem. It is the bag of chips instead of a hand full of chips that causes the problem. It is the little extra that gets you.

There is a down side to not taking advantage of the opportunity of simply sitting down on a special occasion and enjoying the pleasure of eating what and how much you want. It can actually cause you to overeat later on. The same with banning certain foods. You'll start craving that food leading to overeating it later on. "Overeating and restrictive eating are often two sides of the same coin," May says. "Deprivation can be a trigger for overeating just like stress, anger, or anxiety."

During the holidays give yourself the permission to enjoy the pleasures of your favorite foods. Don't feel guilty. Have fun. Just don't make it an everyday occurrence.

So you gain a pound or two. When you return to your normal way of eating they will come off just as they went on.

Watch out holiday food. My napkin is tucked in my shirt and I'm coming after you with a vengeance.



Excerpts from Y-USA October newsletter keeping you connected.

Changemakers

“Changemakers” is the new term identifying the new young leaders associated with the Y. At the recent YMCA175 Global Youth Event in London, YMCA of the USA convened hundreds of these young leaders from all over the world to hear about the social issues they care about, the community work they’re leading, and their perspective on the Y’s role in helping them to achieve their goals.

All have a role to play in supporting youth changemakers in their efforts to address the critical issues impacting our communities— now and in the future.

Storytelling: Connecting People to Our Purpose and Each Other

Storytelling connects people around shared experiences, hopes and dreams, and in the Y. No matter what our official role is at the Y, we’re all storytellers and can build relationships and inspire action by sharing stories with our fellow staff, volunteers, members, program participants and neighbors.

Service Delivery

Service Delivery Partner Ys (SDPYs) are a key part of the Y Service Network, which fosters knowledge-sharing and collaboration across the Movement. Since late 2018, SDPYs have conducted 183 consultations and completed 142 projects to help local Ys build capacity and address needs in key areas of Y operations – all of which strengthens our collective impact.

Don’t forget to add a contribution when you renew your membership today!

Daytona

(Continued from page 2)

minutes and for Joan and Carol for setting up our gathering meeting place. Tony reported for Janet that the finances were in good shape as Janet and Bob had to get back home. They will be moving into independent living in about 8 weeks.

Larry Garvin was made chairman of the YMCA Solicitation at the national meeting in Louisville. See his report elsewhere in Sandpaper. Fred Cooper reported on the EAF and listed all the givers so far from Willis and reminded those who are yet to give to make sure they put Willis Chapter in the memo line of the check so we get credit for the donation.

Tony then announced the Nominating Committee’s nominees for the next two years. They were voted in by those attending the meeting and they are as follow: President, Larry and Debra Garvin; Secretary, Carl Gaites; Treasurer, Janet and Bob Ferguson. We do not have a vice president yet and Tony said he would handle it until Joe got well and could look for someone to take that position.

We then held our auction with proceeds going to EAF. \$150 was raised. Thank you to those who participated.

Meeting was adjourned and we headed for Aunt Catfish’s for dinner. As usual it was very good and we all said our goodbyes and headed back to retire to our rooms.

Once again we want to thank Joan and Carol for the wonderful time they showed us and we wish everyone a wonderful and safe holiday season as our next meeting will not be till February.

Personal Note From Fred

We thank you, chapter members, who have given to EAF this year. We encourage you to continue to keep EAF in your yearly giving plans.

Remember to be on the lookout for chapter members who may need an urgent EAF grant. You can contact me, your C. B. Willis Chapter EAF Chairperson for assistance at ... CFLCoopRun@aol.com, or call me, Fred Cooper, 352-307-4858.

What

(Continued from page 2)

Kathy and Dick Larson wrote that they visited Italy in late April and early May to round out his college education visiting Rome, Florence and Venice. (What college did he go to?? I should have gone there!) In late June they sailed aboard a small ship and cruised the Alaska’s Inside Passage to see humpback whales. Since 4th grade Dick has been fascinated with Lewis and Clark’s expedition of a water route to the Pacific. So they did the Columbia and Snake Rivers in August to follow their routes. It was an insight into leadership and motivation in the early 1800s. They got out of Dorian’s way by going to Falmouth on Cape Cod. Wow...what a busy pair.

Peter and Nancy Kiziu attended their first YMCA Alumni reunion in Louisville, met some from the Willis Chapter and had fun seeing old friends. They toured the museums of Evan Williams’ bourbon distillery, Louisville Slugger Bat, Muhammad Ali Museum and Churchill Downs where they saw a race. From there they went to Toledo and Niagara Falls and saw the falls lit up at night. From there to Finger Lakes, NY, on to Vermont where they saw the beginning of the Fall color, on to New Jersey and then home after stopping at Amelia Island. Sounds like a fabulous summer.

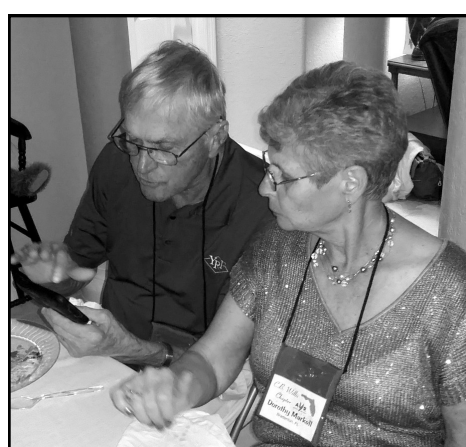
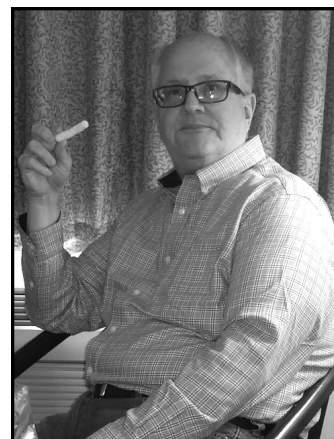
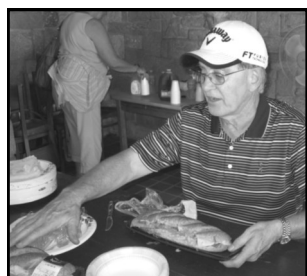
I always end this column with my own news (who is going to stop me??). And so as of this writing I am moving into a newly purchased villa in South Sarasota with **John Mercier** who is another Y retiree. We actually met 40 years ago in Connecticut, led our separate lives and moved to Florida about the same time. After us both losing our spouses, here we are together. Life is certainly unpredictable.

My new address and email are:
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ymcaalumni.org

Photos

LOOKING BACK ABOUT 6 TO 10 YEARS AGO—GREAT MEMORIES



Editorials and Comments

Editorial: Change-Change

Phil Wortman, Sandpaper Editor

The YMCA has changed ... a lot! Check out the “History” piece on the cover page ... does it look like anything you’ve seen put out by the Y over the past 50 years – or even during the many, many years you’ve known about the Y?

I haven’t ... nothing even close. But, if you look at the Y today there has been a lot of other changes. The most obvious is the inclusion of women as active participants, members, and now they comprise over 50% of Y staff. Wow! Who would have thought that in 1852!

As the Y began to add athletic facilities and programs through the early 1900s, there continued to be a strong Christian emphasis engrained in the program structure, including weekly Bible study and reading rooms. Many built residences as part of their mission, or built free standing hotels. You’ve probably stayed in one or two of ‘em – I have.

Up until the 1950s in most places the Y was totally a “man’s place.” Heck, even as late as the 1960s nude adult men’s recreational swimming was still a common practice in some down town Y’s. Of course, that all changed with the addition of girls and women into the down town Y’s programming and the explosion of family Ys in the suburbs through the 70s.

Just as the inclusion of women has evolved over the past century, so has the Y’s evangelical Christian mission. I grew up in the Deep South. At the Y in Savannah and Athens, before any games were played or meetings were started (even the Gra-Y and Hi-Y meetings ... remember those?) a prayer was said. That was standard procedure ... part of the lesson plan. Try and find a Y that still does that today ... yes, there are still a few in the South, and some still have Sallman’s head of Christ painting hanging in the lobby. However, in most Ys the Christian emphasis in the Y’s mission has become just a brief reference point.

Today we laugh about the Young Men’s Christian Association not being just for the young, not just for men, or just for Christians and no longer an association ... we’ve even re-branded and are just calling ourselves “The Y.”

The changes in the organization over the past 160 years are numerous. Does that matter? Or is the important thing that the Y continues to positively impact millions of lives and communities across our nation? If so, have the changes weakened the core values and have numbers become the organization’s driving force?

Sarasota Branches Reopen

The finance chairman of the Save Our Y Advisory Committee, Charlie Campbell, told ABC7 that the Frank G. Berlin Senior Branch on South Euclid Avenue and the Evalyn Sadlier Jones Branch on Potter Park Drive will remain open.

The Sarasota Family YMCA board has agreed in principle on a plan from Dreamers Academy, Save Our Y and Project Stoked to keep the fitness centers open. Though details have not yet been announced, the plan will see improvements to both facilities and the retention of many members of the current YMCA staff.

“Agreeing to the core framework took tremendous teamwork, dedication and like any good movie, the last-minute arrival of a knight in shining armor in the form of Jon Graf and Anya Adams from Project Stoked who are providing the bridge capital in order to make it happen,” said Thomas Chaffee, Chair of Dreamers Academy.

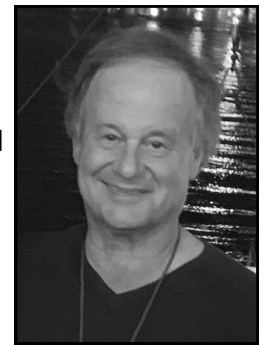
Project Stoked is a not-for-profit corporation that invests resources to help organizations become profitable.

Garvin Elected YMCA Alumni Vice-President East

C. B. Willis Chapter member **Larry Garvin** was elected to the YMCA Alumni position as Vice-President East (VPE) during the YMCA Alumni General Council meeting at the YMCA Alumni Central Region Reunion in Louisville, KY. Larry will replace **Lou Falk** who is completing his term as VPE.

The VPE responsibilities include communicating regularly with chapter presidents seeking feedback, concerns, ideas and suggestions to be shared with the YMCA Alumni Board.

The VPE attends YMCA Alumni Board and General Council meetings and maintains an active role in working with the chairs of the Travel Club, Program Development and Membership Task Forces, and encourages chapters to include multi-generational programming. The VPE will be responsible to execute a YMCA Alumni East Region Reunion during 2021.





If you haven't visited the YMCA Alumni web site you are missing a valuable opportunity to see what is going on across the nation.

There is a "YMCA Alumni Datebook" presenting a calendar of chapter happenings, all the Travel Club opportunities are listed with informative descriptions of the travel experiences available, and various service opportunities are provided.

You can check out our organiza-

tional partnerships, learn more about the World Brotherhood, YPN, The YMCA Retirement Fund, etc. Chapter assistance documents and publications are available as well as information and how to contact national and chapter leadership.

It is simple to do. Just go online to ymcaalumni.org and it is all there for you. You can even renew your YMCA Alumni membership for 2020. Click on and enjoy!

The Reunion Planning Committee earned an "A Plus" grade for planning the 2019 Reunion.

Larry Garvin, East Region Vice-President

Approximately 140 YMCA Alumni gathered in Louisville Kentucky from September 24 to 26, 2019. The accommodations were first class ... not only with the room ... and the location, which was ideal ... but also with a terrific breakfast every morning ... and with a daily late afternoon reception that included snacks and beverages. **The Reunion Committee picked an excellent hotel.**

The Louisville YMCA did an excellent job as our local YMCA host. The activities that were available to us to choose from were the following:

- The steamboat "Belle", which took us on an evening dinner cruise.
- A trolley tour of Louisville.
- Tour of the Louisville Slugger Plant.
- Tour of Churchill Downs Race Track.
- The Muhammad Ali Center (Museum).
- Choice of 2 different distillery's to tour.

There were several different breakout sessions to take advantage of during the 3 days. The sessions were designed to provide education for Alumni members and for chapter leadership to learn about proven practices that will hopefully strengthen local chapters

Pecan Encrusted!

Crawfish Town USA is a super restaurant in Breaux Bridge, LA dating back to the early 1900s when it was first opened as Hee Haw's night club. The base for this recipe comes from their cookbook "Real Cajun! Real Good!"

While the original recipe calls for Halibut, any white fish can be used ... you can even use chicken if you wish!

So here it is:

Pecan Encrusted Fish with Cinnamon/Honey Glaze (Serves one)

- 1 pc fish
- 2 tbl spns of Creole seasoning
- 2 cups finely chopped pecans
- 1 tbl spn butter
- 1/4 cup honey
- 1 tea spn cinnamon

In a small bowl mix the honey and cinnamon and set aside.

Season the fish with Creole seasoning and bread it with the chopped pecans. Melt the butter in a heated skillet and cook the fish about 3 minutes on each side until fish is done and is a nice golden brown. Remove and plate drizzling the honey/cinnamon mixture over the fish.

Membership Notes

Here are some of the notes from the membership workshop held at the YMCA Alumni Reunion in Louisville. The National YMCA Alumni Membership has passed 2,000 members for the first time in 2019.

A YMCA Alumni member may now belong to other YMCA Alumni chapters without paying an additional chapter membership fee.

When a YMCA Alumni spouse passes away, the remaining spouse gets the next year's membership free to assist with the grieving process.

It was reported that **12 applicants** for Emergency Assistance Funding (EAF) **didn't receive funding because they were not current members** of YMCA Alumni. EAF is a valuable benefit for members as we can't ever project when an untoward event may occur placing us in financial need.



Your YMCA Alumni Organization

History



First public announcement from the Boston YMCA

“Christians in Boston have long seen in sorrow the allurements to evil that surround the young men of the city, and desired to do something that would counteract them. A young man who is a stranger here finds it difficult to obtain access to Christian families, or in any way to satisfy the demands of his social nature, except in places that are dangerous to his morals, often leading to his ruin. Many a heart has mourned, many prayer ascended, on this account.

“Under the influence of the Holy Spirit, as we believe, this feeling has ripened into the Association whose Constitution is annexed. We intend to make it a social organization of those in whom the love of Christ has produced love to men; who shall meet the young stranger as he enters our city, take him by the hand, direct him to a boarding place where he may find a quiet home pervaded with Christian influences, introduce him to the Church and Sabbath School, bring him to the Rooms of the Association, and in every way throw around him good influences, so that he may feel that he is not a stranger, but that noble and Christian spirits care for his soul. By making his social atmosphere a Christian one, we believe that the allurements to evil will be stripped of much of their power, and ‘Wisdom’s Ways’ be made to appear to him ‘the ways of pleasantness.’

“To this good work the young men of all our Evangelical Churches have given their hearts, their hands, their active co-operation. Side by side they labor—heart beats responsive to heart—and as children of one Father, under the great ‘Captain of their Salvation’ they are coming up to ‘the help of the Lord against the mighty’ in this city—knowing no bond but the love of ‘Him that hath brought them.’ Thus we have a Christian union, so often longed for, in actual and successful operation, concentrating the Christian influences of the city, and binding them into one of the various congregations of the Lord.

*“To render our success complete, we need the active co-operation of all who can labor, the prayers of all who access to the Throne of Grace, and contributions of all the stewards of our Blessed Redeemer.” **Boston, January 1852***