

FALL 2019

Sam Schreiner Chapter

Serving Southern Arkansas, Louisiana, Eastern New Mexico and all of Oklahoma and Texas



www.YRetiree.org

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INSTALLATION of Chapter Officers, WACO, TX



SCHREINER CHAPTER OFFICERS 2020-2021

Installed as the new Officer for the Chapter in Waco, TX, **PATRICK MURPHY**, center, incoming President, congratulated newly elected Treasurer, **JIM HEIMAN**, left, and newly elected Vice President, **TERRY SETH**. Chapter Secretary, **CRAIG SCHAEFFER**, was unable to attend the Installation. Recognizing the Membership growth, President Murphy thanked the 2018-2019 Officers and Chairmen for their outstanding leadership, efforts and dedication.

CARMICHAEL'S CORNER: On The Go and Grow



We had such a great time in Waco! From highly competitive (and highly imaginative) "car" racing, to hearing from Rodney Martin (President and CEO of the YMCA of Central Texas), to visiting museums, to feeding our faces at two great restaurants, to another successful World Service auction, and to the induction of our new officers for 2020-2021*. We were a very busy, engaged and happy group. Perhaps no happier than when, at the suggestion of Zera Mackie, we recognized **Vaada Ellisor** as our "super star member." What an inspiration she is to us all. We have many shining stars among our members, and we hope to see even more of you when we gather again next April in Tyler, TX, April, 2020.

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Our chapter continues to grow, now numbering 109 members! We welcome our newest members: **Donna and Michael Meccia, Wendy and Bruno Biasetto, Mary Bates, and Krissann and Mark Olmstead.** We are also delighted that **Laura Johnson** has rejoined! The renewal for the 2020 membership year has just begun. You can go online to <https://www.ymcaalumni.org> or send in your renewal via the packet you receive from National. Last year our retention rate was 78%, which was incredible, but I think we can do even better this year! With all the holidays fast approaching, we know how important family is, and our Schreiner family just wouldn't be the same without all of you.

JEAN

TRAVEL: A Short Survey for 2020 and Beyond



We have a very SHORT survey to get ideas on where YOU would like the Travel Club to consider trips in the future...There are three areas - **land tours, ocean and river cruises**...we are asking for feedback....input your ideas and send back to me, I'd appreciate it!

Patrick Murphy

See Last page of newsletter for Patrick Murphy's Address

WHAT SHOULD I EXPECT ON A LAND/BUS TOUR? THESE CAN BE THE BEST PRICE FOR YOUR TRIPS BUT DO YOUR RESEARCH...

COST CAN BE AS LOW AS \$175/DAY.....YOU GET WHAT YOU PAY FOR.....GO WITH SMALLER GROUPS -24-48 PASSENGERS...TWO NIGHT STAYS ARE BETTER.....

GET INFO ON HOTELS AND YOUR GUIDES.....WHAT'S INCLUDED- AND WHAT'S NOT... ..DO YOU RECOGNIZE THE TOURS?.....READ THE FINE PRINT

PLACE(S) I WANT TO VISIT BY LAND/BUS TOURS IN NEXT 18-24 MONTHS _____

PRICE PER DAY RANGE _____ **TIME OF YEAR** _____

COMMENTS/SUGGESTIONS _____ **CONTACT ME BY PHONE** _____

or EMAIL _____

WHAT SHOULD I EXPECT ON OCEAN CRUISE? \$200-300/DAY...YOU ONLY UNPACK ONCE...MOTION TO THE OCEAN (PLUS OR MINUS!) GOOD FOODENTERTAINMENT...BEVERAGE PACKAGES \$\$;...“COZY ROOMS”...

BALCONIES ARE WORTH IT FOR SCENERY...LATE DINING GIVES TIME FOR EXCURSIONS...EXCURSIONS ARE EXTRA/ CONVENIENT... WI-FI CHALLENGING AND MAY COST\$\$... 900-6,000 PASSENGERS...GRATUITIES & PORT CHARGES EXTRA...

PLACE(S) I WANT TO VISIT BY OCEAN CRUISE IN NEXT 18-24 MONTHS _____

PRICE PER DAY RANGE _____ **TIME OF YEAR** _____

COMMENTS/SUGGESTIONS _____ **CONTACT ME BY PHONE** _____

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THE COMPLEXITY OF LIVING A SIMPLE LIFE

written by JOANNA GAINES

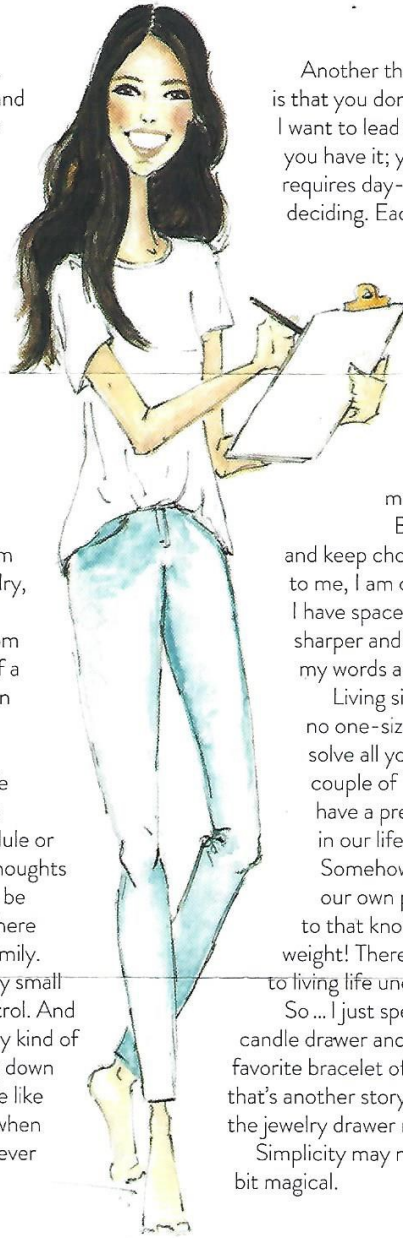
I LIKE TO KEEP A CLEAN HOUSE.

When my house is orderly, I feel better and I think better. I even breathe more easily in a clean space—it somehow calms me. If you were to drop by my house unannounced, most of the time the place would look pretty good. But I do have a dirty little secret.

Sometimes when I go to my living room hutch to replace a burned-down candle or find some matches, I can't actually open the drawers. The drawers are so jam-packed with my assorted "necessities" that I can't get to any of them. If this isn't irony, I'm not sure what is.

A similar scenario exists in my jewelry drawer in our bedroom. If it seems like I'm really committed to a few pieces of jewelry, now you know the real reason: Sticking with what I already have on keeps me from having to rummage through that mess of a drawer. And don't even get me started on our closet!

Isn't living with simplicity supposed to be ... simple? Hardly. Few things in my life require more intentionality than living an edited life. Whether it's our hectic schedule or overflowing drawers or the unchecked thoughts that can run through my mind, I need to be aggressive in my pursuit of simplicity if there is any hope of it being a reality for our family. Left to their own devices these seemingly small things have a way of spiraling out of control. And time and again, I learn that this is the very kind of work that is worth it. As painful as paring down can sometimes feel, there's nothing quite like the feeling of a lighter load, particularly when you can see in hindsight that you were never meant to carry all that stuff anyway.



Another thing that's tricky about simplicity is that you don't just make a onetime decision—I want to lead a simple life—and then there you have it; you're good to go. Rather, this requires day-by-day, moment-by-moment deciding. Each time the mail arrives, the

kids unpack their backpacks, or you run to the store “just for shampoo...”

myriad choices present themselves to challenge this call to simplicity.

Don't get me wrong. I love abundance in many forms, but not at the cost of a sound mind or a peaceful home.

But when I do choose simplicity and keep choosing it in whatever ways matter to me, I am different. I have room to breathe. I have space to see clearly. My instincts are sharper and—to be really vulnerable here—my words are kinder.

Living simply is a personal thing. There is no one-size-fits-all formula that's going to solve all your problems. Still, it takes only a couple of minutes of looking inward to have a pretty good sense of what areas in our life could use a little pruning.

Somehow we all intuitively know where our own personal excesses lie. Listen to that knowing, and throw off the dead weight! There really is something exhilarating to living life unencumbered.

So ... I just spent a half hour cleaning out my candle drawer and embarrassingly enough found a favorite bracelet of mine (and some Cheetos, but that's another story). It inspired me to move on to the jewelry drawer next.

Simplicity may not be magic, but it is a little bit magical.

You get “A NOTE FROM JO” in every issue of *The Magnolia Journal* ... it's your opportunity to see what's currently going on in Joanna's life – which includes five curious and energetic children plus a full work schedule with her husband, Chip!

ENJOY THE BENEFITS OF MEMBERSHIP



It has been my pleasure to be the SCHREINER CHAPTER NEWS LETTER EDITOR for the past six years. The initial conversion from a printed piece to an e-mail format was a little rocky at first; however, the conversion lowered the Chapters costs per newsletter from over \$700.00 per publication to less than \$20.00. As a result, we have been able to provide a minimum of four full newsletters every year and innumerable "flyer" to keep our members current on all of the activities at the Chapter, States and National levels.

Keep our Chapter growing. Invite YMCA friends, retired, as well as, currently employed to join. And, most importantly, please renew your YMCA Alumni Chapter membership for 2020.

Look for your renewal brochure. It will be mailed early November. Another form will be in the printed version of **The CONNECTION** later in the month. But, do it the easy way. Just go online. Quick and easy.

Note: a YMCA Alumni member may now belong to other YMCA Alumni chapters without paying an additional fee beyond the home chapter and national YMCA Alumni membership annual fee.

With a light heart, I pass the Publisher Ink Pen to **Pam Power**. She will need your input of stories, event and photos to make the newsletter be of significance, so, please, keep her supplied with NEWS.

Have a BLESSED Thanksgiving and FALL SEASON...

Kathleen McKenzie Owen

Continued from Page 2...SURVEY

WHAT SHOULD I EXPECT ON A RIVER CRUISE? \$3-500/DAY...TAKES CRUISING TO WHOLE NEW LEVEL... (PAMPERING...?)

FOOD IS EXCELLENT...NO MOTION TO SPEAK OF ON WATER...WINE AND BEER INCLUDED AT LUNCH AND DINNER...EXCURSIONS AT EACH PORT INCLUDED...MOST ROOMS HAVE BALCONIES AND ARE SPACIOUS...SMALL SHIPS-13-165 PASSENGERS...ONBOARD ENTERTAINMENT AND KNOWLEDGEABLE SPEAKERS AND STAFF

PLACE(S) I WANT TO VISIT BY RIVER CRUISE IN NEXT 18-24 MONTHS _____

PRICE PER DAY RANGE _____ **TIME OF YEAR** _____

COMMENTS/SUGGESTIONS _____ **CONTACT ME BY PHONE** _____

or EMAIL _____

RETURN QUESTIONNAIRE TO: Patrick Murphy, 300 Stallion Lane, Waco, TX 76712

Or EMAIL to : pmrf53@gmail.com