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**Subject:** Fwd: YMCA Alumni Weatherford Chapter Newsletter May 2020  
**Date:** May 21, 2020 at 9:55 AM  
**To:** Altschul Craig [caltschul@icloud.com](mailto:caltschul@icloud.com)

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**From:** YMCA Alumni - Weatherford Chapter <[nancyeryszkiewicz@gmail.com](mailto:nancyeryszkiewicz@gmail.com)>  
**Subject:** YMCA Alumni Weatherford Chapter Newsletter May 2020  
**Date:** May 20, 2020 at 1:08:59 PM MDT  
**To:** [peggisimmons@icloud.com](mailto:peggisimmons@icloud.com)  
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# THE LOOKOUT

Weatherford Chapter



May 20, 2020

Dear Peggi.

Did you miss not being able to Travel, to Connect, and to Serve! Hope you all have been safe and content with our National "Stay At Home Orders" due to the Coronavirus Pandemic. As we continue self-regulating and practicing social distancing please continue praying for God's help and medical interventions so we can gather again. Hopefully at YMCA Blue Ridge Assembly, Fall Festival - November 10-12, 2020.

### **Spring Fling in the Sun "WAS" at Your Home due to National "Stay At Home Orders"**

Since we stayed home. We have no pictures of our Spring Fling. It would be real nice if you can send Nancy Ryszkiewicz pictures of how you have been spending your time at home. Then with your permission she can post them on the Weatherford Chapter Facebook page.

Send to: [nancyeryszkiewicz@gmail.com](mailto:nancyeryszkiewicz@gmail.com)

### **Our Fall Festival Gathering Chairs Gary & Marcy Schlansker**

**SAVE THE DATE!  
November 10-12, 2020  
Blue Ridge Assembly  
Black Mountain, NC**



Hopefully we can Connect again this Fall at Blue Ridge!

### **YMCA Alumni Weatherford Chapter President Morgan's Message**

When the first Morgans' Message was written in early 2020 it was about recognizing outgoing chapter leadership, why does YMCA Alumni exist and goals for 2020-2021.

Now we find ourselves permeated with new words, phrases, and behaviors most of which were not on our radar or part of our everyday vocabulary. You know what we are talking about: social distancing, 6 ft. distance, flatten the curve, PPE, new normal, masks, zoom, virtual church, cough/sneeze into elbow, stay at home, wash hands for 20 seconds (singing happy birthday 2x

will suffice), sanitizer, self-quarantine, incubation, testing, contact tracing, mitigation, \_\_\_\_\_ is closed, Covid-19 and many more.

Marti and I are doing what I would think many of you are doing in response to this time we now live. We primarily stay inside the house unless we 1) take a walk in the neighborhood, go to the grocery store, pharmacy and then back home. Mowing the lawn and some yard work occurs when needed. We do not have a garden although I think many of you do garden and enjoy that time outside. We support local businesses by getting take-out meals. Of course, the rest of the time is spent reading, inside home projects, talking with one another (what a novel idea) and of course watching TV. The highlights are when we FaceTime with our granddaughter and family. We have also become involved with Morgan Family Zoom time every Sunday. I volunteer with another board and all meetings are done via zoom.

Through our local YMCA Marti was able to download virtual group exercise classes. I stayed away from the tennis courts for about six weeks. Then I thought...how could I minimize the risk and still hit tennis balls? A friend and I go out 1 to 2 x per week to hit tennis balls. We use sanitizer before playing. We both wear a glove on our non-racquet hand then we have fun hitting around and then play a game called ghost doubles. I won't explain what ghost doubles is, however, it's fun and we get good cardio exercise while keeping a safe distance from one another. When finished we use sanitizer again and walk separately to our cars and go home.

**What we miss:** everything we did prior to the stay at home order. More specifically, it is being with other people: church, visits with family and friends, volunteering, and time we **missed** being with our YMCA Alumni Friends at the Spring Fling which was scheduled to be held in Winston Salem. By the time you read our message in the Weatherford Chapter Lookout newsletter, the re-opening of your state has occurred (most likely a Phase I opening). Our message to everyone is to: **please be safe**. Think of the actions you are contemplating by considering this question: is it worth the risk to me and others?

Phill and Marti Morgan  
Weatherford Chapter Co-Presidents

### **Letter from Chapter Membership Chair Molly McGregor**

Dear YMCA Alumni Members of the Weatherford Chapter,

As a best practice of Membership Retention, if you want to see the roster of our Chapter, please give me a call.

Remember, one of the best ways to stay in touch with each other is to connect on the YMCA Alumni Facebook page and to attend Chapter and National Events.

**Weatherford is one of the largest chapters in the nation and we are proud of being recognized as one of the best too!**

**Stay in touch.** (CONNECT) If you want to let people know what is going on with you, or you need prayers for an illness, or your contact information has changed (address, phone, emails) contact me and I will pass on your information and update the roster. Also, while we have most of your birthdays (Primary member and partner) we would love to know your Wedding anniversary as well...send me that too!!

I am your Chapter Membership Chair! God Bless you and keep you healthy and safe!

Molly McGregor  
205-919-5239

**World Service Message from Chairs Glenn & Sharon Mease**



**World Service Continues to Make a Global Impact  
During These Uncertain Times**

In these uncertain times we are all being asked for support by many organizations, including our local Y's and EAF. All of us are prioritizing our giving. As you do that planning, please continue or add your support for World Service. The Y's around the world are reacting and helping in many ways.

Check out the World Service web site for examples. A short summary of actions being taken by Y's around the world can also be seen at <https://youtu.be/HCDZjb5mc1Q?t=4356>

You should have recently gotten information and a pledge request from Mary and the World Service office. Our Weatherford Chapter is off to a good start with 15 donors committing a total of \$10,250 to date.

Every gift is making an impact whatever the amount. In 2020 let's surpass our number of 49 givers from last year.

Thanks to all our members for your past and continuing support. We missed seeing you at our canceled Spring Fling and look forward to our gathering this Fall at Blue Ridge.

As always, you can learn more by checking out the World Service web site, [www.ymca.net/world-service](http://www.ymca.net/world-service) or contact Glenn Mease at [gmease@aol.com](mailto:gmease@aol.com).

We are making a difference in the world. Stay safe and stay well.

## **EAF message from Chairs Nancy & Bill Reece**

We are deeply grateful for the response from our chapter to our special appeal to the need during this season when YMCA's closed to ensure the safety of all members. Many YMCA's have laid off the majority of their staff and we anticipate continued increasing need for EAF grants. As retirees, we are deeply grateful that we aren't concerned with being furloughed, but we will continue to have increasing needs from retirees as they face medical issues and other needs during this time.

The good news is that EAF can respond and help! Through your generous and compassionate support, EAF will continue to help YMCA colleagues in need. The letter of appreciation below speaks of the deep gratitude the EAF recipients experience when we "take care of our own".

*I spent 18 years with the YMCA in a variety of positions and greatly enjoyed the experience as it allowed me to help others, never realizing that I would need help after retirement.*

*A series of unexpected events and health concerns brought me to a point of not being able to cover expenses, despite receiving monthly social security and YMCA retirement fund checks.*

*For the past three years I have been most fortunate to receive an EAF grant to help with my critical financial needs as my medical and living expenses have steadily increased. I've given serious thought to selling my home after 18 years and moving to an apartment or senior living complex. Had it not been for the EAF grants and help from friends, I would be in dire straits due to episodes of anxiety and depression due to my constant worry about not being able to make ends meet. I come from a generation that was taught to honor commitments and pay the bills on time.*

*I can't thank the EAF enough for their generosity, support and caring.*

Please send in your donation today - it will make a big difference in someone's life.  
Emergency Assistance Fund

YMCA of the USA - Financial Development - 16<sup>th</sup> Floor  
101 N. Wacker Dr  
Chicago, IL 60606

**Presented by Historian Chairs David & Gail Cotten**

**The 1918 Flu Pandemic By: Ryan Bean**

With so much history, is there anything from our past that can give guidance and

With so much history, is there anything from our past that can give guidance and perspective during this crisis? Yes! There is much we can learn. The insight we gain by looking back can help inform how we choose to show up, help clarify our priorities, and importantly offer some solace that this too shall pass. Things will change as they did following the American Civil War, social reform during the Progressive Era, and WWI. We will adapt just as we did during the 1918 Flu Pandemic, the Great Depression, and WWII. And we will grow, just as we have following the countless economic recessions (Wikipedia lists 34 over the Y's 169 years), and all periods of social upheaval. First and foremost, what about the 1918 flu pandemic? When the flu pandemic struck in 1918, the world was already grappling with a humanitarian crisis, the First World War.

On April 6, 1917, the United States declared war on Germany and joined a fight that had been ravaging Europe since 1914. That day John Mott, general secretary of the American YMCA, notified President Woodrow Wilson that the Y was prepared to volunteer "the full service of the Association Movement." By that point, the YMCA had considerable experience serving the armed forces as a result of the tragedies of the American Civil War, the Spanish American War, and the Mexican Border War. Driven by the YMCA's organizational philosophy of the holistic development of an individual's Mind, Body, and Spirit, the YMCA's WWI morale-building work was comprehensive. The Y constructed and managed post exchanges, canteens, and huts. They organized and deployed a chaplaincy that offered religious services and spiritual counsel. They coordinated a host of physical recreation activities; they brought the best of Vaudeville to Europe, providing entertainment through concerts, lectures, and films. They also educated troops through literacy, language, vocational, and technical training.

One would think that a pandemic would severely impact the Y's ability to do this work. Like this current crisis, it did, and it didn't. The records at the Kautz Family YMCA Archives record Y staff and volunteers who died of the flu, out of the 25,926 men and women who served during WWI 93 died in service, including eight killed in action (two of whom were women). Seventeen died of influenza and sixty-five of (likely related) pneumonia. But like today, the 1918 pandemic was also an opportunity for the Y to do what it does best. Namely serve whether in a period of peace or a crisis.

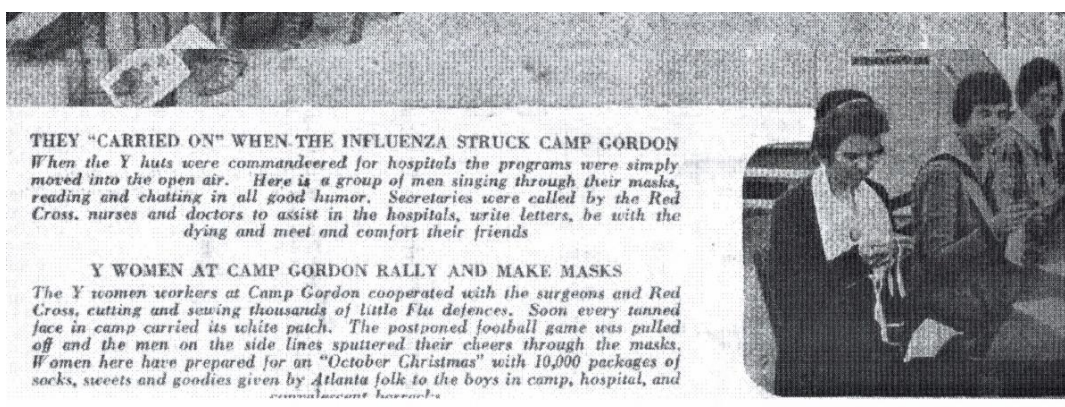
"Practically every Y unit was turned into a hospital, the secretaries working continuously as hospital orderlies and spending their time with the sick and dying. Almost 75 per cent of the secretaries fell ill of the malady and several of them died. Note should be made of the work done for wounded men at the hospitals. Special equipment was made available and trained physical directors were assigned to help in overcoming defects by means of graded exercises." Back home, Y's stepped up to serve their communities. The Huntsville, AL, YMCA made "over 250 calls on influenza sick, and furnished 100 gallons of soup at the cost of the Dallas Mills Company." Railroad YMCAs reported that "[I]nfluenza wrought havoc with many. Cooks, caretakers and janitors, one after the other, fell by the way, and many Associations were tied to the work only by the unselfish cooperation of members of secretarial families. Not a few secretaries' wives left their own kitchens to cook for railroad men rather than have them leave the Associations without nourishment. Thus the "Flu" afforded a fresh evidence that the department adjusts and adapts itself to unforeseen and untoward circumstances." The Y also coordinated volunteers to make masks.

The Y also continued to serve the many domestic training camps. The Y was in the midst of its most extensive fundraising campaign ever (the War Work Campaign to fund its military service) and even the innovative organization the Y stepped up to the challenge. In Dallas, TX, the Y formed a "telephone" brigade to reach affected

the challenge. In Dallas, TX, the Y formed a telephone brigade to reach affected areas and raise funds they could not solicit in person. And in Kansas City, MO, the Y had an "influenza luncheon," which following the state regulations of the time were "broken up into parties of eight or ten at tables in separate rooms." These few examples are just a sampling of what was happening all over the country and the globe. A crisis tests the resiliency of a community, and then as now the Y selflessly engaged the communities they serve to improve the worst of the pandemic. By caring for the sick, opening their facilities, raising funds, administering to the spiritual needs of the sick and frightened, and engaging the healthy in constructive avenues, the Y validated its critical role in community strengthening.

These are, obviously, very different times; our communities and the Y have evolved. I do believe, however, that the spirit and connections that allowed those past achievements to manifest remain true. I believe that now, as then, the Y will rise to the challenge and demonstrate its unique position in the fabric of our society.





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