



# Echoes...

A Publication of the Grand Canyon Chapter / YMCA Alumni

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**Pam Hegarty**

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**Echoes Editors**  
**Bill & Charlotte Moss**  
MossBillChar@aol.com

**Emergency Assistance**  
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**John Brooks**

**International Leaders**  
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**Dave and Marian Bolton**

## FROM OUR CO-PRESIDENTS . . .

### April Showers Bring May Flowers

It's Springtime – Birds singing; grass greening; trees and flowers budding. What a wonderful time of year! Here at our home in New Mexico the birds are building nests. All these things are a reminder that new birth is happening all around us.

We are happy to announce that some "new birth" is occurring for our Grand Canyon Chapter. We have been looking for Y Alumni in sections of our chapter to help us re-create clusters in different states especially in Arizona and Colorado.

It is exciting that **Tina Williams** from Florence, AZ has volunteered to pull together the Central and Arizona/North Cluster. Tina hails from San Diego where she was a Senior Executive prior to moving to Florence. She is a great leader and will be contacting alumni in her areas with the intent to have a luncheon or some kind of get-together in the near future.

In Colorado we were lucky to find **Rick Taylor** who lives in Estes Park in the summer and Mesa, Arizona in the winter. Rick has agreed to organize a Y Alumni Chapter Reunion for all of us to be held in Estes Park, Colorado in August of this year. He has been working hard to arrange a 3-day event at the YMCA of the Rockies. The original idea came from **Pres Johnson** and he is helping Rick with the details. Look inside this newsletter for more information. We surely hope you will come and be with us in August!

**Pam Hegarty** in Albuquerque does a wonderful job in organizing and promoting monthly luncheons for the New Mexico Cluster. Every month we meet at a different restaurant for lunch and good talk and most of us attend because of Pam's timely reminders.

**John Brooks** from Green Valley, Arizona continues to head up the Arizona/South Cluster. In February this group met for lunch in Tucson and we were able to join them. What a great group! And they have even more gatherings planned for this fall...including a few days in Puerto Peñasco, Mexico. We are blessed to have people stepping up to help our Grand Canyon Chapter and we thank all of you. Also, be sure to check out the YMCA Alumni website at [www.YMCAAlumni.org](http://www.YMCAAlumni.org) to see all the fabulous opportunities there. The next National Reunion will be in Louisville, Kentucky over September 23, 24 and 25, 2019. You can register on the web page at [www.ymcaalumni.org/reunion-19](http://www.ymcaalumni.org/reunion-19). We will be there and hope you will too!

As you can see there are lots of things coming up. Don't miss a chance to take advantage of the many opportunities to connect with your fellow Y Retirees. You'll be glad you did.

## Come to the YMCA of the Rockies in Estes Park this summer. . .

The YMCA Alumni Grand Canyon Chapter Reunion is set for the dates of August 18 – 21 at the YMCA of the Rockies in Estes Park, Colorado. We'll be staying at the Wind River Lodge on the Y grounds. Make your housing reservation online at [ymcarockies.org](http://ymcarockies.org) or by calling the Y at 888-613-9622. Our group's special rate is \$134/night and includes breakfast for two each morning at the Aspen Dining Hall. Make sure you indicate 'YMCA Alumni-member rate' when you make your reservation.

All of the activities are, of course, optional. You can be as active or as relaxed as you wish. To register, send a check for \$25 per family (registration fee) payable to 'YMCA Alumni' to: **Rick Taylor**, 734 Black Canyon Drive, Estes Park, CO 80517. Include your name(s), phone number, and email address. **The deadline to register is July 15.**

After you register, we'll be in touch with you regarding your interest in some of the scheduled activities. If you have questions, you can contact Rick at [ricktaylormath@gmail.com](mailto:ricktaylormath@gmail.com) or at 832-758-8667.

### Schedule for Grand Canyon Chapter Reunion in Estes Park

#### **Sunday, August 18**

- **3:00 p.m. or later** Room check-in at Y Administration building.
- **6:00 p.m.** Dinner in Y Aspen Dining Room.
- **7:00 p.m.** Gather as a group in the lobby of Wind River Lodge

#### **Monday, August 19**

- **8:00 a.m.** Breakfast in the Aspen Dining Room (included with lodging)
- **9:00 a.m.** Gather as a group in the lobby of Wind River Lodge  
Visit with Y of the Rockies Executive Staff (**Julie Watkins**, CEO and **Dave Deluca**, Center Exec)
- **10:00 a.m.** Guided tour of the recently constructed Mountain Center at the Y.
- **10:30- 6:00** Golf Outing in Estes Park **or** Free Time
- **6:00 p.m.** Dinner together at a local restaurant in Estes Park

#### **Tuesday, August 20**

- **8:00 a.m.** Breakfast in the Aspen Dining Room (included with lodging)
- **9:00 a.m.** Grand Canyon Chapter Business Meeting
- **10:30 a.m.** Tour of Rocky Mountain National Park (sack lunches provided) **or** Free Time.
- **4:00 p.m.** Return to Y from carpool tour.
- **5:00-7:00 p.m.** Cookout and Hayride at the Y

#### **Wednesday, August 21**

- **8:00 a.m.** Breakfast in the Aspen Dining Room (included with lodging)
- **9:00 a.m.** Pack up and check out.

# CHAPTER CHATTER...

## ABQ CLUSTER...

The Albuquerque Cluster continues to enjoy monthly luncheons the 3rd Thursday of every month at various restaurants in the Albuquerque area. Traveling members are welcome to join us any time they are in the area. Our next three luncheons will be:

**Thursday, May 16—11:30am—**  
Cooperage Steakhouse,  
7220 Lomas Blvd. NE

**Thursday, June 20th—11:30—**  
St. Clair's Winery & Bistro  
901 Rio Grande NW

**Thursday, July 18th—**

YMCA Camp Shaver, Jemez, NM (I-25N to exit 242, west on NM 550 to San Ysidro, NM and go north on NM4. Camp will be on right side of road past Jemez Springs (about 60 miles from Albuquerque.)

Please join us and if you have more questions, feel free to call Pam Hegarty, 505-681-5699.



**Marian and Dave in Costa Rica**

## ARIZONA/SOUTH CLUSTER...



*Left to right: Dave and Marian Bolton, Pres Johnson, Dane Woll, Cris Ciasca,*

On February 11th members of the Arizona/South Y-Alumni cluster gathered at the historic Arizona Inn for lunch. The meeting was highlighted by the attendance of our Chapter Co-Presidents **Marian and Dave Bolton**. Attending were: **Rich and Susan Hill, Pete Walsh, Pres Johnson, John Brooks, Dane Woll and Cris Cerna**.

The group discussed plans for an April gathering, summer travel plans and trips and updates from the Bolton's from the national organization. **Pete and Linda** will be heading to the east coast for the summer, **Pres** to the north lands (Wisconsin), **The Hill's** RV travels out east, **Dane and Nancy** going cruising and **Cris** and family heading to their retreat in Rocky Point.

**Marian** brought up the National Y-Alumni gathering in Louisville, Kentucky in September but it appeared that other than **Marian and Dave**, no one from the Arizona/South Cluster planned to attend. **Marian** also suggested that the Colorado Cluster was considering a gathering of retired Y-Alumni in Estes Park in August 18<sup>th</sup> - 20<sup>th</sup>, which seemed to ap-

peal to members of hot southern Arizona. **Pres Johnson and John Brooks** agreed to serve on the planning committee from our cluster.

**Dane and Cris** suggested that perhaps next November our cluster group could meet in Rocky Point, Mexico for three nights. Both have homes in Rocky Point and they could possibly line up another home, as needed to host our Cluster. The dates tentatively are for either the first or second Monday - Wednesday of November. Currently a roll call is being taken for commitments to attend. **Marian and Dave** were also invited, as leaders of our Chapter.

That's the worthy news from Southern Arizona. Stayed turned for updates.

Submitted by **John Brooks**,  
Cluster Gopher

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## A WORD ABOUT EAF. . .

### A REMINDER: PLEASE SUBMIT YOUR 2019 GIFT DONATION TO EAF!!!!

You never know when an emergency is going to happen in your family. A bad storm, an illness, an accident. We all hope and pray that these sort of things will never happen to us and put us in financial harm's way. But, unfortunately, as well as we plan, things happen that may not be covered by our financial planning process.

Over the years, when we were active Y staff, we all heard of stories of our Y brothers and sisters having to face economic hardship due to a disaster happening in a family. We also heard of how EAF came to their assistance in that dark time of need, with a grant to mend the tide, get over the hump.

These stories are still taking place via the active Y workers and those of us who are now retired. And, the great thing is, EAF is still there with assistance when needed to help out.

I just read a story about **Matt Hancock**, a Tulsa YMCA Branch Director. It was back in 2012. His wife was pregnant with their first child when complications set in and their son was born 9 weeks premature. 45 days later and sky rocketing bills (way beyond insurance) their son **Maddix** was able to go home. But, with all the joy, financial sadness set in. With the help of fellow Y staff members and an EAF grant, these troubles were overcome. **Maddix** is now 7 years old and playing in several Y sport leagues – how great that is. But it was nice for Matt to share his story for us to really see how EAF can help for unplanned and unwanted financial troubles. There are as many stories out there from Y Alumni as well. We can all help.

We all have access to assistance when unforeseen events happen in our lives. So, I ask you to become a CONTRIBUTOR AND AN INVESTOR in EAF. As an active member of Y-Alumni, you received a letter of request for a donation to EAF from **Jim** and **Mikey Havlick** this past January. I hope that you responded already, but if not, please send your check, credit card, etc. in today. You will be helping a brother or sister in need this coming year. Last year 315 Y Alumni contributed to EAF that raised over \$120,000 while 21 deserving members of our Y family received grants.

You can send your check to: Emergency Assistance Fund, C/O YMCA of the USA – Financial Development, 101 N. Upper Wacker DR, 16<sup>th</sup> Floor, Chicago, IL 60606

If you need a form, I can mail one to you in case you misplaced yours. Let me know or if you have questions.

**John Brooks**, Chapter EAF Chairman

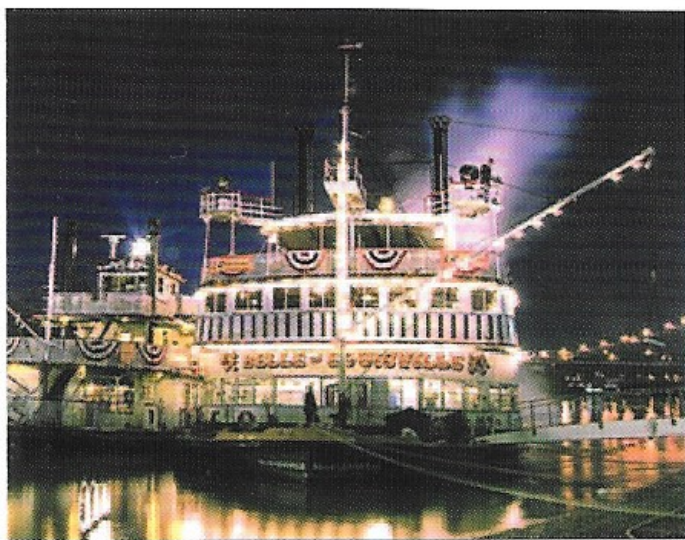
520-780-3121 or email at [chilejuan@cox.net](mailto:chilejuan@cox.net)





Don't delay registering for Reunion '19 or you'll miss out on early bird savings. Registration is \$139 through June 15: \$160 from June 16—July 19 and \$199 after that.

Plan to join YMCA Alumni in the one-of-a-kind city of Louisville, Ky. as the Central Region chapters host all members for a memorable few days of fun, learning and enjoying old friends.



Highlights include an Opening Night cruise on the amazing Belle of Louisville steamship; choice of tours from world-famous Churchill Downs Racetrack to the Buffalo Chase distillery or the Mohammed Ali Center and Louisville Slugger factory/museum and more. Lots of workshops on healthy retirement living, travel and others.

The only way to register is **ONLINE**.

Go to:

**<https://www.ymcaalumni.org/reunion-19>**



## MY MEDICAL EXPERIENCE

By Jim Lipscomb

I was asked by the Grand Canyon Chapter President, Marian Bolton to share my recent medical experience. It certainly gave me some insight into where the practice of medicine may be heading.

I have been having a problem with my knees. It seems that they were in a painful "bone on bone" situation. As a result, I was sent to New Mexico Orthopaedics for an examination. The result was that I needed a total knee replacement.

The surgery was done on May 16<sup>th</sup> and everything went well. I was able to go home a day and a half later. Then the problems started!

The second day home I began having problems eating and began throwing up everything. I ended going to the hospital emergency room. It was determined that the medication I was given after surgery had created serious problems in my stomach and esophagus. I was referred to the hospital G I Department for treatment. Then another problem began!

I was told it would be three months before I could be seen! This went on through two more Emergency Room visits. I was finally seen by a CNP nurse on July 24<sup>th</sup>, over two months after the surgery! The nurse was outraged that it had taken so long for me to be seen and arranged for me to start treatment two days later.

After a series of tests and consultations a plan was created for my treatment and recovery. To date the plan is working well. I will know for sure in October when I meet with the Doctor who treated me.

As for the knee, everything is going great! I was able to start playing golf three weeks ago and for the first time last week was able to walk nine holes with no pain!

I now appreciate the YMCA health insurance I kept after retirement. It seemed expensive at the time but now I am thankful that it covered my medical expenses so well.



## YMCA Alumni Travel Club Rolling In 2019, 2020

By Craig Altschul

Several members of the Grand Canyon Chapter are heading out on two YMCA Alumni Travel Club adventures in May. First to leave is the "British and Irish Grandeur" trip May 12-24 touring the UK, Ireland, Scotland and Wales via motor coach. On board will be chapter co-presidents **Marian** and **Dave Bolton** and **Craig Altschul** and **Peggi Simmons**. **Craig** and **Peggi** are official "hosts" for the trip. C.I.E. tours, the pre-eminent tour company for the British Isles, is conducting the tour.

Next is the "Alaska Medley" trip to the Great Land. This is a 13-day combined land and sea tour by motor coach, train and cruise liner. The entire trip is conducted by Celebrity Cruises and is hosted by **Patrick** and **Jan Murphy** of the Schreiner Chapter. Patrick is chair of the Travel Club. Grand Canyon members joining in include **Pete** and **Jan Smargon**, **Jim** and **Mary Lipscomb** and **Pam Hegarty**.



Christmas Market

All chapter members are advised to check out the remainder of the trips set for 2019 and 2020 as these trips are limited in numbers and fill up rapidly. Start with the "Festive Season on the Rhine" river cruise with Avalon Waterways visiting historic cities along the Rhine Riverbanks and their traditional Christmas markets. Dates are December 5-14, 2019.

There are plenty of choices for 2020. First up April 20-May 3, 2019 will be the "Colors of Provence" river cruise with AMA Waterways. The trip begins in Barcelona, Spain and ends in Paris, France. That's quickly followed by a motor coach trip to America's Parks and Monuments May 14-23 with Globus Tours. Visit Yellowstone National Park and famed monuments including Mount Rushmore and Crazy Horse.

Ocean cruising is on the agenda for late May and June with two cruises on Celebrity lines which can be taken individually or combined back-to-back. The first trip - Norway's Fjords -- is May 28 to June 5 and cruises through some of the most beautiful scenery in the world, beginning and ending in Dublin, Ireland and visiting magnificent fjord-side communities of Norway along the way. The second ocean cruise (also on Celebrity) - "Ireland And Iceland Cruise" -- leaves the evening the first one ends and runs June 5-15 and visits Scotland, Ireland (Belfast and County Cork) and beautiful Iceland.

Moving into fall to avoid the summer crowds, the Travel Club offers an extraordinary opportunity to visit the Republic of Georgia led by Weatherford Chapter President **Bill Hoosin** and his wife, **Teri**. Bill was instrumental in establishing the four YMCAs in the country. The trip is being conducted by the Georgia YMCA September 7-17 with transportation by motor coach. Travel from Tbilisi to the Black Sea.

Cruise Portugal's River of Gold - the Duoro River - with Viking River Cruises September 10-19 cruising this beautiful landscape from Lisbon to Porto. This trip is filling up very quickly.



Duoro River

Finally, we'll feel right at home on "Canyon Country Adventure" October 13-20. Here's a great opportunity to invite friends and family from other parts of the country to join you on this luxury motor coach tour with Globus,



Grand Canyon

beginning in Scottsdale and including Lake Powell, Grand Canyon, Bryce Canyon and Zion National Park, ending in Las Vegas.

Details, prices and registration info is available by visiting our YMCA Alumni website ([www.ymcasalumni.org](http://www.ymcasalumni.org)) and clicking on the top Travel Tab and all the trip sub-tabs. Our Travel Club trips are created by YMCA Alumni Hosts and developed by Go Travel with some of the top tour organizers in the world. Happy Travels.

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