

Your



# MID-AMERICAN

VOLUME 17 NUMBER 4

January/February, 2009

## A MESSAGE FROM THE REGIONAL DIRECTOR

There is an old saying, "The speed of the leader is the speed of the pack". There is an underlying message to that saying. The pack is the force that pushes the leader. Throughout our region one of the recurring concerns was the feeling of isolation from the region or district because of the lack of communication. Our region covers several states and traveling to meet face to face is becoming more and more expensive. However, with today's technology we can overcome that minor obstacle.

Everyone has heard of e-mail, and some of you use it on occasion. But not enough of us in the MAR use e-mail to its full potential. Even if you don't own a computer, you should have an e-mail account. Your messages can be sent and received from any computer in the world with internet access. If we could just get everyone in our region to read his or her e-mail just once a week, we would save our region hundreds of dollars in postage.

MAR is offering FREE e-mail training classes. I've created these classes for those "who don't have a clue" about computers and for those interested in learning a few advanced procedures.

The class will show you how to create your own e-mail account. Then you'll learn to send and receive e-mail. You also will learn how to download programs, receive, open, and send attachments. You also will create contacts, contact groups, schedule meetings, and create an online personal calendar.

If some of this stuff sounds like Greek to you... GOOD! You are just the person we are looking for. Take this article to your next club meeting and share it with your club members. Tell your president you want to sign up for the class or, even better, call me at 314-412-0182, and I will give you the dates and locations where we will be conducting the training sessions in your area. If you don't have a laptop computer, don't let that stop you from enrolling. Don't let this opportunity pass you by. Stop using your grandchildren as a crutch. You're never too old to learn.



Mid America Region (MAR) was honored to host the Mid Year Meeting (MYM) of our International Council (IC) in St. Louis, Missouri. It was a virtual who's who of our club's international elite. In attendance were our International President (IP) **BASHIR** {India}, **ROLANDO DALMAS** Secretary General (SG){Uruguay}, 8 Area Presidents (AP)/ Area Presidents Elect (APE) {Belize, Canada, South America, China, Germany, India, South Pacific}, International Executive Officers (IEO) {Germany and Australia}, and our International Service Director (ISD) for Leadership Training- Officer Development (LT-OD) {Japan}. There were so many titles and accents it was enough to make your head swim.

EXCHANGE

**ANTOINETTE  
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**News and Views from the Heartland**

After being confined for days in meetings and then by a snowfall that crippled the city, the Carondelet Y Service Club gave IC members a well-deserved tour of St. Louis. The City North Y's Men and Women Club and the Carondelet Y Service Club hosted a reception/dinner at the home of Y's Men **LAURA BURTON**. Even though the roads were slick with ice and slush, 21 Y's Men from the local clubs braved the elements to meet these influential figures in Y'sdom. Everyone had a great time. It gave some of the newer members a chance to see first hand the international scope of our organization.

Make plans now to attend our MAR convention September 18-20, 2009 in St. Louis. I guarantee it will not be the "same ol' thang".

*OUR CL\_B NEEDS U.*

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## NEWS FROM THE SIOUX YMCA

The Sioux YMCA has a new executive director, **BILL WEITZEL**, from the YMCA of Greater New Orleans. He brings 20 years of YMCA experience in administration, childcare, resident camping and health and fitness. At this time, the biggest need is for warm clothing, coats, gloves, etc, which can be sent directly to Sioux YMCA, PO Box 218, DuPree, SD 57623. A used mini van is also needed for carrying program equipment and supplies to the various communities reachable only on gravel roads. You can email Bill Weitzel at [billw@siouxyymca.org](mailto:billw@siouxyymca.org) for more information on their programs, needs and services. Send any check donations to me and I will forward them on to Bill.

**CAL CHRISTY**  
649 62<sup>nd</sup> Court  
Downers Grove, IL 60516  
email [thechristys@comcast.net](mailto:thechristys@comcast.net).

## ALEXANDER SCHOLARSHIP FUND

We are in need of all clubs increasing their giving to the Alexander Scholarship Fund. We all know how important it is to have good leadership and trained support staff in the YMCA. At our last convention, no goal was set. I am asking that we collect \$1,200.00 or more in keeping with our past year's goal.

ASF awards are to YMCA oriented undergraduate students who are attending George Williams College,

earning a bachelor of Science Degree in their Human Services program with YMCA management certification, and qualified undergraduates of the families of Y's Men and students who are sponsored by a Y's Men Club. Applications can be printed from our web site: [www.ysmenusa.com/asfl.htm](http://www.ysmenusa.com/asfl.htm).

Dollars for Scholars are used as grants to assist YMCA professionals and staff to attend seminars, training and certification courses.

**JOHN L. DITTO, RSD/AFS**  
Mid-America Region  
6729 Donald,  
St. Louis, Mo. 63121

## ENDOWMENT FUND

We are in the second half of the Y's Men Year. It is time to ask Clubs to make contributions to the Y's Men International Endowment Fund. At this time, I am stressing that people become Paul William Alexander Fellows by contributing \$100. You will receive a certificate and an Alex Fellow Pin. Your President has information for more ways to contribute to the Endowment Fund. At your next Club meeting, decide to support the Endowment Fund with a contribution. Do it now. The deadline this year is May 1, 2009.

As of today, three Clubs, Carondelet, Indian Boundary and Vincennes, have contributed \$ 450 of our \$1,000 Goal. In 2007-08, 111,137.79 in Swiss francs was given by all clubs and individuals in the Y's Men World. 70,000 in Swiss francs of the earnings was used to support Expansion and Membership Conservation throughout the world.

Please, send me Y's Men International Endowment Fund Contributions, tributes, etc. If you have questions or requests, contact me.

**JUNIOR FISCHER**, Endowment RSD,  
[jfischer@wvc.net](mailto:jfischer@wvc.net)  
1320 Upper 11th Street  
Vincennes, IN 47591  
Home: 812.882.7079

## CONVENTION POSTPONED

The Joint US and Canada/Caribbean Area Convention has been postponed.

Due to the poor economy and the requirement for very early registration by the University of California - Santa Barbara, there was not enough early commitment to hold the convention at this time.

The Area Council will review the possibility of holding the Convention next year.

## B. R. RYALL YMCA Y'S MEN AND WOMEN'S SERVICE CLUB

We have had a meeting recently to discuss membership as well as fund raising.

In considering membership, lets start with the understanding of attracting those outside of our club to come and join with us. Several are mildly acquainted with the Y's Men's Motto: **'To acknowledge the duty that accompanies every right .... to build a better world for all mankind.'** Others have not heard this motto.

The general view of volunteering is that which accomplishes a physical project rather than working with the world.

We should all be ready to assimilate present and future members into the understanding of one-on-one love for expressing this **duty that accompanies every right.** Then, we will grow much greater than we had imagined possible.

**JIM BURDETT**, President.

CARONDELET Y SERVICE CLUB  
Words to the Y's

The Carondelet Club continues to work on the Malaria Eradication Fundraising Project. Publicity in the Y encouraged one of our teen visitors to conduct her own project and raised \$170.00 to add to our club's efforts. On Jan 19, National Service Day, club members manned an information table at the Y for fourteen hours offering flyers about the club and the Malaria Project. One of our creative members produced some colorful bookmarks publicizing the project and the club. Two members prepared some guessing jars filled with pretzels and M&M's to encourage contributions. Another offered a candle sale with a 50% contribution to our club to add to the total. Altogether we have been able to add another \$150.00. Our final thrust is an invitation for all members to make personal gifts. Added to this is the initial partnership gift of \$2,000.00 from our local high school campaign. Deadline date is March 31, 2009.

During January, club members greeted the participants in the Mid Year International Council Meeting bringing the International Executive Officers, the Area Presidents-Elect or Area Presidents from around the world and some other guests to St. Louis. Usually the weather is agreeable, but this time we presented them with an 8 inch snowfall. However, we were not deterred in carrying out several plans involving some sight seeing and some dinners out with members of the other St. Louis clubs. We invite them back for a

warmer time in the future, but no one seemed to have been bothered by it much.

Some members led by our Region Youth Representative are planning a Youth Club formation meeting with a student group at Lindenwood University, where the St. Louis YMCA has a Campus Y presence. Other St. Louis clubs and Region volunteers are involved with this project.

Our Church Sunday program featured a service in one of our historic churches in the area of early settlement in St. Louis at Trinity Lutheran Church. It is the first Lutheran church west of the Mississippi River from which all of the further Lutheran movement sprang. Lunch followed at a restaurant, formerly one of the factories in this area.

Time of Fast this year is in the hands of some of our newest members. Dinner, a fun game involving loose change, and a featured speaker, a young woman from Kenya, will make up the program. Our club has already set aside in the budget a contribution of \$1,000.00, but individuals still will be invited to make an additional gift.

We are planning an Honors Night for April to give credit to the many young people who have helped with the Malaria Project and others whom our club has supported in one way or another through the year.

Submitted by **RACHELLE REEG**, Club President

## CITY NORTH Y's MEN AND WOMEN CLUB

Our club is busy putting our annual major fund raiser of the year into action. This will be our XIX (19) Essence of Elegance Dinner Fashion Show. Our other activities have been our annual Christmas Party, chaired by Betty Brooks and Cochaired by **BARBARA GASTON**. We had over 350 children attend. "Yes ", Santa was there. We have also had two other fund raisers, a raffle and a Trivial night which were successful.

Our new officers for the year are **JOHN L. DITTO** - President, **LINDA SIMMS**-Vice President, **MOZELLA BROWN** - Secretary and **Clementine Baker** - Treasurer

Submitted by **JOHN L. DITTO**, President

INDIANAPOLIS INNER-CITY  
Y'S MEN'S .... NEWS NOTES!

The months of February and March are busy months for our club. February features Black History month. We formerly had four weeks featuring Black history,

but this year we decided on two meetings.

March finds us busy with our Essay Contest. Our President, Jim Mundt, is especially proud of what our club does in this project. We provide the contest for 7<sup>th</sup> and 8<sup>th</sup> grade students of the Indianapolis Public Schools. The winners are presented with savings bonds ranging from \$100 to \$500. Honorable Mention recipients also receive awards.

The students, parents, teachers and principals are guests at a lunch and award presentation.

Others of us are busy preparing for our Good Friday Breakfast. We hope to have approximately 500 guests. This will be our 41<sup>st</sup> annual breakfast.

On Saturday, February 14, some of our members volunteered at the Ransburg Y for a Pancake Breakfast. They served approximately 150 people. The Ransburg Y is a very active YMCA.

**ANTONETTE RESSINO**, Editor

## **PAGE PARK Y SERVICE CLUB**

Our club, Page Park Y Service Club, was recently chartered with 21 members. Since that time, we have been actively engaged in putting together a plan of action for the remainder of our Y's Men fiscal year. This plan included adopting a budget and developing fund raising strategy.

Our first fund raiser will be held during the month of February to honor our Time of Fast (TOF) promotion. It will consist of a chili supper at a cost of \$5.00 per person and include beer, wine and soft drinks. Contact the undersigned for tickets and/or additional information.

We would like to thank all of you that sent us your blessing and good wishes. We especially wish to think our US Area President **FRED LEONARD**, Area Secretary **DEBBIE REDMOND**, Area Web Master **BOB DANIELS**, Mid America Regional Director **JOANN GARDNER**, District Governor (DG) **BENNO FREIDRICH**, and, of course, City North Y's Men and Women Club President, **JOHN DITTO**, for honoring us with their presence and participating in our chartering ceremony.

We hope to see all of you at our upcoming Mid America Regional Council and Convention here in St. Louis later this year.

**MCKINLEY JOHNSON**, President

mc\_johnson@sbcglobal.net

## **CONTACT FROM RICHMOND, INDIANA**

Your editor recently received a note from **PHIL UHL**,

a long time member and leader of the Richmond, Indiana, Y's Men's Club. Phil and others there have long have been friends of many of us in Y'sdom. The Richmond club disbanded several years ago after decades of strong and active service. Phil requested that, because the Richmond club no longer exists, he be removed from the MAX mailing list. Phil was, and remains, the only person and former member from the former Richmond club who has been kept on our mailing list.

Phil's communication conveyed the possibility that a new club perhaps could be established in Richmond. Many of us share that hope. We have replied to Phil stating that, with his permission, we would like to keep him on the mailing list. The relatively minor cost of our doing so surely is worth our maintaining contact with Phil and perhaps, through him, with persons who have or may have interest in a restart in Richmond. We intend to pursue and nurture contacts in Richmond with the hope that there again may be opportunity for a club there and for renewed service to the YMCA.

Our very best wishes to Phil and to any other former members and to the YMCA members and staff in Richmond.

Submitted by **ANTONETTE RESSINO**, MAX Editor



## **Y'S MEN'S EMBLEM IS Y'S GUIDANCE**

The Emblem consists of the red triangle, the symbol used by the YMCA to denote its conviction that its program should enable an individual to grow spiritually, intellectually and physically.

Within the triangle is shown a golden star shedding rays of light on the Y in bold format in the center. Even as the star of Bethlehem guided the Wise Men of the East, so may the golden star represent the ideals of our clubs and serve as a constant guide to the Y's Men and Women of today, leading us to the true realization of the nobility of unselfish service.

In the upper border of the red triangle appears the word "international" indicating that the movement is an International organization, transcending race, creed, nationality and sex.

From the Club President's manual.

**MID AMERICA REGION, Y'S MEN'S INTERNATIONAL**

	<b>BUDGET</b>	12/12/2008	<b>TOTAL</b>
	<b>2008-09</b>	to 2/12/09	<b>TO DATE</b>
Beginning Balance	\$2,475.84		\$ 2,475.84
<b><u>INCOME</u></b>			
Regional Dues, Oct. 08	\$1,708.50		\$ 1,533.75
April, 09	\$1,708.50		
New Club Gift	\$200.00		
Recovery - Dues in arrears	\$528.00		\$ 528.00
Interest Income	\$9.00	\$ 0.53	\$ 2.62
Area Dues, October, 08	\$1,708.50		\$ 1,500.25
April, 09	\$1,708.50		
Y'Men Int'l Dues, Oct 08	\$3,184.00		\$ 2,824.00
April 09	\$3,184.00		
<b>BEG BALANCE AND INCOME</b>	<b>\$16,414.84</b>	<b>\$0.53</b>	<b>\$8,864.46</b>
<b><u>EXPENSES</u></b>			
Regional Director	\$400.00		\$ 248.95
Regional Director Elect	\$150.00		
District Governors	\$200.00		
Regional Service Directors	\$229.84		\$ 415.04
Secretarial Expenses	\$50.00		
Treasurer Expense	\$50.00		\$ 10.00
Regional Bulletin	\$1,300.00	\$ 208.74	\$ 531.05
New Club Gift	\$200.00		
Region Conv and Cabinet Mtg	\$2,300.00		\$ 2,117.65
Extension	\$200.00		
Mid Year Meeting	\$700.00		
Awards	\$50.00		
Regional Conv Seed Money	\$500.00		\$ 500.00
Reg/Dist/Club Officer Training	\$200.00		
RD Area-Int'l Convention			
Dues - Int'l October, 06	\$3,184.00		\$ 2,738.05
April, 07	\$3,184.00		
Dues - US Area October, 06	\$1,708.50		\$ 1,584.50
April, 07	\$1,708.50		
Sioux Indian YMCA			
Emergency Assistance US Area			
Time of Fast			
Youth Expenses	\$100.00		
Convention Offering			
Misc			
<b>TOTAL EXPENSES</b>	<b>\$16,414.84</b>	<b>\$ 208.74</b>	<b>\$ 8,145.24</b>

Balance on Hand 12/10/08

\$927.43

Charlotte R. Fischer, Treas.

Account Payable to JoAnne Gardner for \$212.29

# Mid America Region Convention



Y's Men Service Club



September 18-20  
Mercy Center - 2039 North Geyer Road  
St. Louis, Missouri 63131  
Contact Jo Ann Gardner: 314-412-0182

**Single Rooms \$193.50**

**Double Rooms \$165.50**

The above includes the following:

- Convention registration
- 2 nights lodging
- 2 Breakfasts
- 2 Lunches
- 2 Dinners

## Commuters

**\$97.50**

Includes Only

- Convention registration
- 2 Breakfasts
- 2 Lunches
- 2 Dinners

**\$77.50**

Includes only

- Convention registration
- 2 Lunches
- 2 Dinners

*Exciting optional activities are being planned  
for you and your families.*

**Start making your plans now to attend!**

Whatsoever you do to the least of my brothers;  
That you do unto me.

When I was hungry, you gave me to eat;  
When I was thirsty, you gave me to drink.  
Now enter into the home of My Father.

Whatsoever you do to the least of my brothers;  
That you do unto me.

When I was homeless, you opened your door;  
When I was naked, you gave me your coat.  
Now enter into the home of My Father.

Whatsoever you do to the least of my brothers;  
That you do unto me.

When I was weary, you helped me find rest.  
When I was anxious, you calmed all my fears.  
Now enter into the home of My Father.

Whatsoever you do to the least of my brothers  
That you do unto me.

A song based on: Matthew 25:31-46

### MARCH 31ST IS THE END OF THE ROLL BACK MALARIA PROJECT.



**Save this boy from Malaria and save his  
mother from the tragedy of his death.  
Make your and your club's contribution to  
Roll Back Malaria today.**



**ADDRESS SERVICE REQUESTED**

Hot Springs, AR 71913-6443  
130 Werner St.  
Young Men's Christian Association

strong families, strong kids,  
strong communities.

YMCA



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