

Your



# MID-AMERICAN

VOLUME 14 NUMBER 3

November/December, 2005

**Hello, all Y's Men and Women ... Here is the news and it's all good!**

**We have a date for the annual convention.** It is September 15, 16 & 17, and it will be held at the prestigious Brickyard Hotel in Indianapolis. The Indianapolis Men and Women will put on an exciting and informative show.

**Here is an idea for your club.** Set aside some funds to send your President and possibly others from the club to the Convention. Pay his/her registration (and other expenses if possible). One club recently paid for every club member who chose to go to that convention. However your club gets involved, make Indianapolis a priority in 2006.

**It's almost January and that's time for our mid-year Regional Board meeting.** In 2005, we held this meeting in Peoria, Illinois, which was a fairly good mid-point for our Region. Any good ideas for a location next year? The DG's, Regional Director, Regional Director-Elect, Secretary and the Treasurer are required at this meeting. Call me at 630-653-4588 and give me your input. My email is [lophillandrum@aol.com](mailto:lophillandrum@aol.com). This is a crucial meeting.

**Mid-America Y's Men and Women's Adopt a Soldier program** is being headed up by **MCKINLEY JOHNSON**. Every club should adopt a soldier. If you haven't yet, make sure that your club adopt's a soldier for the second semester and pays his or her membership for the second semester which runs January through June.

**New Clubs?** A good goal for every district is to start a new club every year. So far, two districts (Indiana/Kentucky and Heartland) have targeted possibilities for new clubs. Is Iowa next to target a "new club" area? Expansion and growth are key to our future.

**Does your club have a newsletter?** If you want to start one and need an example, Washington, Iowa's newsletter is a prize winner. *The Cornhusker*, edited by **LORI BAUER**, is outstanding.

**Fund-Raising Ideas?** We'd like to have every club tell us what its fund-raising programs are so we can compile a booklet to share with each other. Send a description of your fund-raising programs to: **PHIL LANDRUM**, Regional Director, Suite 202A, 2025 N. Main, Wheaton, IL 60187. List all of them. Be specific. How each one is done. Be as detailed as possible. When. How it's raised. Etc. By sharing, we give each other ideas that can make a difference.

**Dollars for Scholars?** It's not too late to donate to the cause even though it's too late to get your name listed in the national publications. You can still send your \$10 gift to **JOHN DITTO** at 6729 Donald Street, St. Louis, MO 63121 RSD for Dollars for Scholars. We'll make sure to list your name in future issues of the MAX.

**Have you used the new public relations powerpoint in your club to build relationships with the YMCA?** It is a valuable tool at other YMCAs as well where we might fan interest

## News and Views from the Heartland

# EXCHANGE

**Fred L. Leonard,**  
Editor  
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in starting a new club. For information check with **RACHELLE REEG**. She can be reached at 314-631-6118.

**Can we hold on to the Brotherhood Award known as the Al Jongewaard trophy?** Our RSD for Brotherhood Fund is **Virgil Lucas**, and he says we will. However, he needs the support of our clubs. To do that, each club will have to give more than we did last year. That's the only way we'll bring it home again. Virgil's address is 1184 Crockett Drive, St. Louis, MO 63123-2110.

**DG Training.** We plan to hold DG training for our hard working District Governors sometime in January.

**We have a great region** - with good clubs, and great members. The future looks great -

**Phil Landrum**, Mid-America Regional Director  
2025 North Main #202A  
Wheaton, IL 60187 (630) 653-4588  
lophillandrum@aol.com

### **ENDOWMENT FUND**

The Endowment Fund is off to a slow start with only \$351.25 from the Mid America Region. I am asking each club to donate to the Endowment Fund in which ever way is best for you, be it through a tribute, a memorial or an individual contribution.

The Endowment Fund is International in scope and has three primary purposes: To provide emergency funds if a tragedy should strike one of our Areas or Regions, to provide funds to solve special problems or carry on special projects and to provide special training or resources to strengthen, extend and develop Y'sdom World wide.

Send that Contribution NOW and if you are honoring someone with a Tribute, DO IT NOW!

**JUNIOR FISCHER**, RSD Endowment  
1320 Upper 11th St.  
Vincennes, IN 47591

### **YMCA LIAISON**

Documentary on Boys' Development  
Y-USA has partnered with Boys and Girls Clubs of America and Powderhouse Productions to produce "Raising Cain," a two-hour documentary about the emotional development of boys, and a companion resource kit. The documentary will air Jan. 12, 2006, on PBS; check local listings for the starting time.

In the documentary, boys reveal the challenges and confusion they encounter while growing up in America. Their is a resource kit, developed with the help of Y-

USA and the YMCA of Columbia-Willamette (Portland, Ore.), that offers workshops, activities and materials that can be used to educate youth workers, family members and communities about working with boys in positive and powerful ways.

This is a great opportunity to work with your local YMCA to help make them better equipped for their ongoing work with youth. To order a kit for your Y, e-mail [sbnathan@mediaedco.org](mailto:sbnathan@mediaedco.org). Be sure to include your name and the full mailing address of your Y.

**DAN SCHULZE**, Executive Director  
YMCA of Greater St. Louis  
Carondelet Family YMCA Branch:  
314-353-4960  
600 Loughborough Avenue fax: 314-353-3350  
St. Louis, MO 63111-2796 cell: 314-740-2581  
[www.ymcastlouis.org](http://www.ymcastlouis.org) email:  
[dschulze@ymcastlouis.org](mailto:dschulze@ymcastlouis.org)

### **SIOUX INDIAN PROJECT**

With the holidays approaching, let's not forget that the Sioux Indian YMCA is a year round commitment to the Sioux community. Donations are needed at any time of the year.

Ask your Adventure Guides to make a donation on their campouts, your club to make a donation if it has not been done yet. Please send your check to me. I will forward it to Claudia in DuPree, SD. All donations received throughout 2005 will be acknowledged in their annual report, as their year ends Dec 31. (Our year ends June 30).

**CAL CHRISTY**, RD-Sioux Indian Project  
649 62nd Court  
Downers Grove, IL 60516

### **SHORT TERM EDUCATIONAL PROGRAM (STEP)**

As your Regional Service Director for the STEP, I urge all of you to beat the bushes for one or two or more deserving student that would be interested in participating in our STEP. If you like additional information, please contact me at 314-652-7871 or email address [Mc\\_Johnson@sbcglobal.net](mailto:Mc_Johnson@sbcglobal.net). It is guaranteed that the student will experience the time of their life visiting a new country and making friends with members of that particular country.

**MCKINLEY JOHNSON**, RSD/STEP

### **Regional Travel Coordinator (RTC)**

I don't believe that I am the current RSD for travel as listed under the International list of Service Directors.

However, if I am wrong and/or our region does not have a RSD for this position I will gladly continue.

Normally, the applications for Brotherhood Grants should have been received by our Regional Director (RD) during the months of Aug/Sep 2005. They should have been passed on to the regions club presidents and/or to members with instruction. Normally, our US Area receive at least three (3) over seas grants to various countries. My question is this. Have this information been received and pass on. According to my club president he has not receive any information on BF applications. Further, our region will not be visited by BF delegates this year according to my information.

**MCKINLEY JOHNSON, RSD/TC**

### **YOUTH EDUCATIONAL EXCHANGE PROGRAM (YEPP)**

It is still possible to have on of our Mid America Region student apply for and receive the experience of living with a foreign Y's Men family abroad while he/she attends school for up to a year. If you know any son's or daughters of Y's Men and/or deserving others interested in participating in this exchange program, please contact me the undersign for additional information.

**MCKINLEY JOHNSON, RSD/YEPP**

### **Y's Menettes**

According to **SANTHI PANIGRAHI**, International Service Director for Y's Menettes and **MARY KURUVILA**, International Coordinator for Y's Menettes projects the goals for year 2005/06 is that all Y's Menettes Clubs should be inaugurated where there are no Y's Menettes Clubs. Their is no cost involved in chartering Y's Menettes Club. They are appealing to clubs to formalize their club by applying for a charter. Contact me if you need additional information contact me the undersign.

**MCKINLEY JOHNSON, RSD/Y's Menettes**

### **ADOPT A SOLDIER**

Those of us in attendance at our last Regional Convention in Kankakee, Ill heard the passionate plea of our Regional Director (RD) **PHIL LANDRUM** that we should do more than just say the slogan we support the troops. He is asking each club in our region to physically adopt a soldier. The soldier may be a family member of a member in your club and or in the town that you live in. He is asking us to write to this soldier, make him or her an honorary member and hopefully a regular member down the road. Send him/her care

packages etc.

RD Landrum honored me by asking me to promote this worthy cause. Therefore, it is expected that each club in our region will have made contact and formalize a relationship with a soldier not later than June 30 2005.

Please provide me with the name of your clubs adopted soldier as soon as possible. You may submit other information as to what you are doing with and for the soldier.

Thanks in advance.

**MCKINLEY JOHNSON**, Special Coordinator for Adopt a Soldier,  
4115 Washington Blvd., St. Louis, MO 63108  
(phone) 314-652-7871  
(e-mail) [mc\\_johnson@sbcglobal.net](mailto:mc_johnson@sbcglobal.net).

### **PUBLIC RELATIONS**

Ask yourselves- Do the members of your YMCA and the community know about who you are and what you do to make a difference in the world? If the answer is YES! then congratulations you are doing your job. If you are not sure what the answer is then it is time for you to come up with a plan to change that to a YES! There are several ways to get your message out and raise the awareness of your service. Here are a few to consider: Hats, tee shirts, jackets and badges are great to wear when your club is in public doing an event, project or fund raising.

A bulletin board or stand in the YMCA lobby where you can post your activities and events along with information about Y's Men. Make contact with your local newspaper and give them articles and public service announcements to print about your service, projects and events. Try to make presentations to the other service clubs in your area like the Rotary and Chamber of Commerce. They are often looking for a program idea and speaker.

It takes effort and time which always seems to be in short supply but, there is somebody out there who can and will help if you ask them. The key is to ask the person in your club who you know can do the job. No one will volunteer, you have to ask them! Use the tools like the manual on publicity that is available. If you need one let me know by E-mail and I will get it for you. Send your name and address to me @ [bennotippi@comcast.net](mailto:bennotippi@comcast.net) If I can help you in any way write me and I will do what I can to be of service. "If they don't know, we won't grow!"

Best wishes for a Merry Christmas and a happy holiday season and New Year! to all from **BENNO FRIEDRICH**. RSD and the B.R. Ryall Y's Men's Club

## EXPERIENCING INTERNATIONAL

By **Rachelle Reeg**

So many times when we are together as club members, we are interested in our local project, the Book Fair, our current activities, and the fellowship and friendship we share.

At the November 12th' dinner sponsored by the City North and Carondelet clubs, I felt a renewal of my enthusiasm for the international aspects of our club as being part of the world-wide organization that it is. Our guests included leaders from all parts of the United States and Canada Areas, our International Secretary General born in Uruguay and residing now in Switzerland in our home office, and our International President from Thika, Kenya. This was again for me a personal opportunity to be together with new acquaintances and old friends.

We take the same pledge *to build a better world for all mankind*, very likely in different languages. Our common international projects - Time of Fast and Brother Clubs - two our club has accepted -- are more than sharing funds from our Book Fair. They are connections with real people, most of whom we will never meet.

My fondest wish is that each club member could experience "International" more directly at any opportunity such as this dinner when the international "folks" are in town. More so, I would hope that travel event to the nearest District Meeting or Regional Convention to experience the expanded meaning of our organization could be in your plans.

Rich and I had the extreme privilege of going beyond Carondelet when we were tapped by the YMCA to chaperone a youth exchange in 1981 to Latin America. Somehow the international "bub" got to us and propelled both of us to places beyond our expectations. Doing what we have done to these extremes may not be for everyone, but the opportunity is there for everyone who chooses. Others in our club have also felt that same attraction. Some continue to serve, helping our club to be more reflective of the entire movement.

Thanks for being so supportive of my individual successes in this international "whirl". Come and join me in Indianapolis next fall for the Mid America Regional Convention and/or next summer in Charleston, South Carolina, for the US Area Convention. I know it's hot in Charleston then and some of you have already been there. They do have air-conditioning.

I guess what I am trying to say is -- these are opportunities for an expansion of oneself. They might not be

international locations, but they will be bringing together persons of like minds and spirit for service and friendship. I could never afford in money the value of my international experiences. Borrowing from an ad for MasterCard -- they are truly priceless.

## CITY NORTH Y'S MEN AND WOMEN CLUB

Our club City North have been busy as bees these last few months. On October 29, 2005, our club hosted its 32nd Annual Founders Day and Awards Program. Club member **CARL MILES**, club treasurer was the proud recipient of our Y's Men of the Year Award. Our volunteer lay citizen award went to **MRS. VIVIAN GRAVES**, an outstanding volunteer at our YMCA. She actively supports City North in all of its endeavors. Kudos' to our new CEO of Monsanto **MICHAEL JOHNSON** for his key note speech where he shared his vision for our Monsanto Family YMCA. He plan to join our club as soon as possible.

City North pledge to support the Annual YMCA Partner with Youth Campaign this year to the tune of \$2,500.00. This pledge was made at the kick of the Community Drive during the Monsanto fifth annual Tuxedo and Tennis Gala held on Saturday, November 19, 2005 Our club member **MCKINLEY JOHNSON** will serve as a Division Leader with club members **VIRGIL LUCAS**, a captain.

Our annual **CLARENCE I. TEETERS** Scholarship Dinner/Dance was held on Saturday, December 3, 2005. Our supporters were treated to a buffet supper, a designer jean contest and especially the music and dancing that followed. A report of our financial income will be provided at our next regularly scheduled meeting. The committee chair was **MCKINLEY JOHNSON**, assisted ably by committee members Delores Mitchell who deserved a special kudos for her outstanding leadership assumed by her due to my late arrival. Other committee members were **CARL MILES, LOUIS MOORE, BETTY BROOKS** and **PHYLLIS MITCHELL**.

Our annual Christmas Party and the visit of Santa Claus will be held on Saturday, December 17, 2005. Co-Chairs **BETTY BROOKS** and **CHRISTINE JUSTICE** and committee members **MCKINLEY JOHNSON** and **JOHN DITTO** have made plans for an estimated attendance of over 500 kids. Santa Claus has been invited to bring toys, food, and entertainment.

Save the date of March 18, 2006, so that you can make

plans to attend our 16th Annual Essence of Elegance Fashion Show and Dinner. Committee Co-Chairs **DELORES MITCHELL** and **JOANN GARDNER** are planning a show that will surpass others. Their goal is to net over \$5,000.00. To accomplish this goal they are asking for the support of all of our club members in the selling of tickets and especially souvenir Ads.

Submitted by **McKINLEY JOHNSON**

### INDIAN BOUNDARY Y'S MEN'S AND WOMEN'S CLUB

Christmas Tree Sales are going strong. After the weekend of December 10 – 11, we have all our trees up on the display stands, and it's still two weeks before Christmas! This is a very good sign that we will raise a significant amount for YMCA financial assistance funds and other support for our home Y, Indian Boundary, as well as YMCA Camp MacLean, the Sioux Indian YMCA, and the other local charitable organizations that we support. We want to thank the Indian Boundary Adventure Guides program volunteers and area high school student volunteers for their assistance with the Christmas Tree Lot. We could not do it without you! You work very hard and you display such positive attitudes while volunteering in the cold and the snow – we appreciate your support and your commitment to the community.

Submitted by **LINDA DEAN**, Club Secretary

CARONDELET Y SERVICE CLUB  
**Words to the Y's**

**BOB** and **DIANNE DANIELS** were invited to the 32nd Anniversary dinner of City North Y's Men & Women club as representatives of the Carondelet Club. There was a small crowd but the food and program were outstanding.

On Thursday night before the start of RDE training we went to a reception for those members attending the RDE training session which was held in our town. There were members of Y's Men from Canada, USA, Australia, the ISG from Geneva and the IP from Kenya.

I think we did ourselves proud on the Saturday night with a dinner at the Sisters of St. Joseph Mother House for those attending the RDE training session. There was a small program with the dinner in which everyone present had something to say. Our club was presented with a banner from **IP BENSON WABULE** which will be displayed in the showcase in the YMCA. We almost had half of our

membership in attendance at this dinner. This was our chance to rub elbows with some of those who make decisions for our organization. I believe that our members that were present did just that. It was a very relaxed atmosphere.

The holiday season is now upon us. Thanksgiving Day has come and gone. We all should have given thanks for our many blessing.

We had a good gathering for the Christmas Concert where we had a chance to see and enjoy our club members and some of the others that work on the Book Fair with us while we enjoyed a great meal and some good music. Then we will have Christmas Day where I hope we can be with family and friends enjoying each other.

I am wishing each of you a Merry Christmas and Happy New Year, and may God grant each of you your every wish.

Submitted by **BOB DANIELS**, Club President

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

The Club was invited to the Metro YMCA Volunteer Recognition Dinner and Y's Man **MIKE BARTH** received the **JAMES KITTLE** Lifetime Achievement Award.

The week of Volunteer Dinner was also the week of Prayer. The day of prayer observance was held at Central Christian Church with **REV HOWARD BOLES** as the speaker.

They've begun work on next year's Regional Convention scheduled for September 15 - 17th.

Finally, the new Metro CEO spoke to the club on November 30th.



This club continues it's evaluation of whether or not the Y needs them. Downtown Y exec, **DAN POWELL** will attend visit to offer his help to increase the Y's support.

Editor **STAN BUESING** gives us some new Scientific Equations and Conversions:

Ratio of an igloo's circumference to its diameter =  
Eskimo Pi

2000 mockingbirds = 1 kilomockingbirds

100 Senators = not 1 decision

2000 pounds of Chinese soup = Won ton



**LORI BAUER** does a great job keeping her club informed of activities of the club, region and area. Her last three bulletins announced region leadership changes, reminded members of the Area Website, and shared activities of neighboring clubs. All this while traveling south for the winter.

The club is looking for a new fund-raiser to net \$2000 to replace their annual show. One suggestion is ordering clothing for sale at the Y. Have any of you any suggestions for this club?

### KANKAKEE Y'S MEN'S CLUB

The Kankakee YMCA is looking for a new exec! Y's Man **JOE GIACCHINO** is moving on to bigger and better things. President **JIM MARCH-ANT** quoted the following from the movie *Shawshank Redemption*. "I have to remind myself that some birds aren't meant to be caged. Their feathers are just too bright, and when they fly away, the part of you that knows it was a sin to lock them up does rejoice. But, still, the place you line in is that much more drab and empty now that they're gone. I guess I just miss my friend."

The club is working on a Christmas tree and wreath sale to work to raise \$1300.

Member **NITA SMITH** suggested that each member place a canister to collect money for books for Egypt. Donations will be sent to their Brother Club. Money is to be collected by mid-February.

The Service Club Olympics is set for February 12th.

### KOKOMO Y'S MEN'S CLUB

Haven't heard as much from this club as usual. Last bulletin received reflected early November activities. Please put me back on your mailing list. Miss all that about the Tree Dance, special December activities and your efforts to increase your club size.

Welcome to new members **CHRIS WESTLAKE, TODD GRANT** and **HENRY BRATCHER**.



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

	BUDGET 2005-06	10/11/2005 12/13/2005	Year to Date
Beginning Balance	\$ 2,780.75		\$ 2,780.75
<b>INCOME</b>			
Regional Dues, Oct 05	\$ 1,815.00	\$ 937.50	\$ 1,650.00
April 06	\$ 1,815.00		
New Club Gift	\$ 200.00		
Recovery - Dues in arrears	\$ 2,223.00	\$ 2,223.00	\$ 2,223.00
Interest Income	\$ 10.00	\$ 1.55	\$ 2.95
Area Dues, October 05	\$ 1,928.00	\$ 1,000.00	\$ 1,760.00
April 06	\$ 1,928.00		
Y'Men Int'l Dues, Oct 05	\$ 3,133.00	\$ 1,625.00	\$ 2,860.00
April 06	\$ 3,133.00		
Convention Offering			\$ 211.00
<b>BEG BALANCE AND INCOME</b>	\$ 18,965.75	\$ 5,787.05	\$ 11,487.70

<b>EXPENSES</b>			
Regional Director	\$ 850.00		\$ 302.93
Regional Director Elect	\$ 300.00		
District Governors	\$ 400.00		
Regional Service Directors	\$ 350.00	\$ 17.62	\$ 48.02
Secretarial Expenses	\$ 50.00		
Treasurer Expense	\$ 75.00		\$ 10.00
Regional Bulletin	\$ 1,150.00	\$ 209.83	\$ 457.39
New Club Gift	\$ 500.00		
Region Conv and Cabinet Mtg	\$ 3,000.00		\$ 1,765.34
Extension	\$ 200.00		
Mid Year Meeting	\$ 500.00		
Awards	\$ 50.00		\$ 53.70
Regional Conv Seed Money	\$ 500.00		
Reg/Dist/Club Officer Training	\$ 300.00		
RD Area-Int'l Convention	\$ 575.00		
Dues - Int'l	\$ 3,133.00	\$ 2,896.08	\$ 2,896.08
October 05	\$ 3,133.00		
April 06	\$ 1,928.00	\$ 1,760.00	\$ 1,760.00
Dues - US Area	\$ 1,928.00		
April 06	\$ 1,928.00		
Convention Offering			\$ 211.00
Misc	\$ 43.75		
<b>TOTAL EXPENSES</b>	\$ 18,965.75	\$ 4,883.53	\$ 7,504.46

BALANCE ON HAND 12/13/2005 \$ 3,983.24  
Charlotte R. Fischer, Treasurer

## THE CANDY CANE ... A SYMBOL OF GOD'S LOVE

Every Christmas most of us Indulge ourselves In a moment of sweetness and eat the old familiar candy cane. Have you ever wondered where the sweet candy cane came from? The story is told that a candymaker once desired to tell others about the sweet love of his Lord Jesus. He thought sadly, No one will listen to me. I am only a candymaker. How could I tell the wondrous love of my Lord and why God entered into our world, born a baby in Bethlehem? How can I tell the little children about the love of Jesus?"

Suddenly he smiled to himself and said, "I will make them some candy! I will begin with pure white to represent the virgin birth of Jesus (Matthew 1:18) and His sinlessness (Hebrews 4:15). It must be fashioned to look like the shepherd's staff for Jesus is the Good Shepherd (John 10:11). If they turn the staff on its end, it will look like a "J" for the first letter in His wonderful Name...Jesus, our Savior and Lord." (Matthew 1:21)

To remember the awful price he paid for our sins, I will use the color red to tell of the blood He shed to save us from our sins (Ephesians 1:7). Since we are healed by His stripes (1 Peter 2:24), I will use three small stripes to show His scourging (John 19:1), and a large red stripe to represent His blood shed on the cross by the nails and spear (John 19:34). By adding the red stripes, a white stripe is created which stands for purity...by His death we were made pure." (1 John 3:2-3)

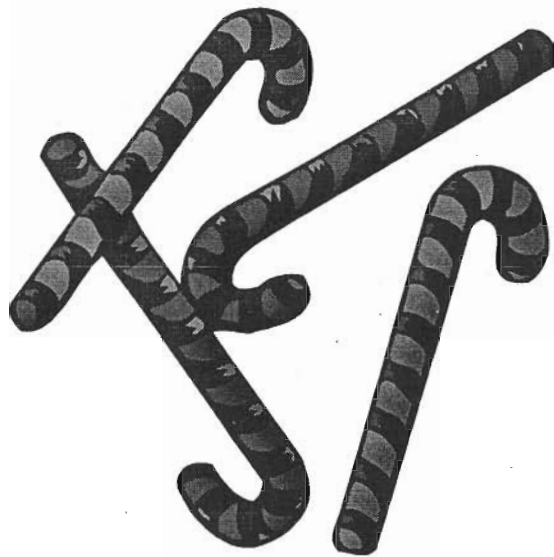
"I shall flavor it with peppermint, for it is similar to the hyssop used in biblical times for purification (Psalm 51:7). The sweet, minty flavor shall fill our senses with pleasure, for so do the prayers of God's people fill Him with pleasure when we pray in the Name of His Son Jesus." (2 Corinthians 2:14-15)

And so was made the candy cane: Crafted in love, and fashioned to help us remember Jesus' sacrifice and the costly love of the heavenly Father. So, in homes around the world, the candy cane emerges each Christmas to remind us of the reason for this season. Its taste is as sweet as our walk with Jesus everyday of the year!

The Bible says: "For God so loved the world, that He gave His only begotten Son that whosoever believeth in Him shall not perish but have everlasting life." (John 3:16)

This Christmas season when you eat the sweet candy cane, remember the love of Jesus is for you.

MAY HIS PEACE BY YOURS THIS CHRISTMAS.



*Continued from last page of this MAX*

give up his life. 911 heroes went into the burning buildings to help the others that could not get out. They became trapped, how many can you name? Can you relate a story about the fallen heroes that are from your hometown?"

Prayers for the fallen, the heroes, the not so famous ones, the sick, dying, the poor, poverty stricken, people involved with gangs, drugs, depression, alcohol, homeless, lonely, are needed RIGHT NOW. Only the Creator can help. But it has to begin with us. He will help, but it begins with sincerity, honesty, and integrity from all of us. These prayers are what our country was founded on, and we must forever begin and end our day with the Good Lord and know that he is listening.

As a young child, the writer learned the Lord's Prayer from her parents, and Christian educators, after she grew older, she found other Faiths recited the same prayer. This was amazing to her that she grew up in one church and it's beliefs only to find that the Church down the street said the same prayer in their Church. This always remained in her mind. When she met her Soul Mate, he was of another Faith. They fell in love, married, raised their children, all reciting the same Lord's Prayer. Now it is our turn to know that all the fallen can be helped by reciting the Lord's Prayer because it is one of the universal prayers said round the world. After you read this article, stop for a couple minutes and recite the Lord's Prayer. Resume your daily chores or whatever you were doing, feeling that fulfillment of being cleansed and refreshed. No one can do this but you, and the Savior will answer you in the form of peace and tranquility in your life. Begin now!

**KAY LINDNER**, RSD Christian Emphasis, Mid America Region

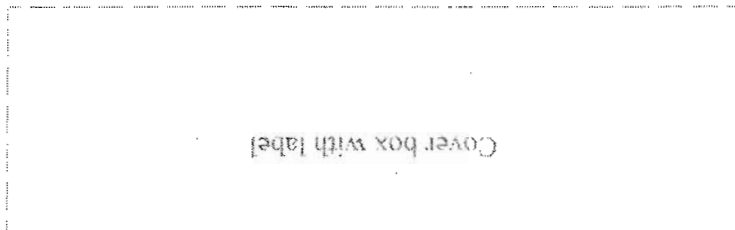
As we approach this beautiful time of the year, one that renews our Christian strengths and beliefs, we must never forget that our good fortunes here in the USA are a direct result of our fighting men and women around the world. Not only do they protect and fight in battles that they do not always understand, they need the Good Lord to protect them from all harm. Yes, we do have those young men and women fighting for causes beyond our comprehension, but they need to be there and when they return home, they need to know that the rest of us in the USA are right there beside them.

A thought from the Action Principles booklet that I read every day, in regard to our servicemen.

“As we work toward world peace and we commit to finding nonviolent solutions to our problems, we must acknowledge that our freedom to do so has come as a direct result of those brave men and women who have and still serve in the military. There is no doubt that without a strong response from good, evil would have triumphed. We must remain vigilant in our support of our armed services.

When you hear news of a military engagement, why not pause and say a short prayer for our brave soldiers, sailors, marines and airmen? Say a prayer for their officers and chaplains. Say a prayer for all the combatants and innocents who may be suffering. Pray for peace and that they return home safe and sound and SOON.

Right now, we can do more. In every city and town there are plaques and street signs to honor those who stood in our places to defend freedom. They left and did not return. They died heroes. They died for us. Yet, we have allowed their memories to fade. School children do not know their stories. We do not know their names. Can you remember when you stopped and thought about these fallen men. 911 had fallen heroes too, they did not volunteer to join their ranks. They were paid heroes, however, no one ever asks a hero to



ADDRESS SERVICE REQUESTED

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

We build strong kids,  
 strong families, strong communities.



Non-Profit Organization  
 U.S. Postage  
**PAID**  
 Hot Springs, AR 71901  
 Permit No. 213