

Your



# MID-AMERICAN

VOLUME 18 NUMBER 3

December, 2009-January, 2010

## MID AMERICA REGIONAL DIRECTOR (RD)

It is the season to be jolly. Happy Holiday Season to all and to all a blessed new year. I have been remiss in sending in an article for publication in our Mid America Exchange (MAX) bulletin. Please know that my heart was with each of you all the time in the other issues. My job and other personal problems seemed to eat up my time causing me to miss publication deadlines. I have not completely solved all of my problems but I hope to do a better job as your RD the rest of my term.

First, I would like to start off by informing all of you that our region will host a mid year meeting Saturday, January 9, 2010, from 9:00 AM to 5:00 PM at the new Carondelet Park Rec Plex operated by the YMCA of Greater St. Louis. The Rec Plex is located at 930 Holly Hills Ave, St. Louis, Missouri 63111, telephone 314-768-YMCA (9622), [www.ymcastlouis.org/replex](http://www.ymcastlouis.org/replex).

I am asking that all elected Regional Officers attend our Mid Year Meeting, Also, for each of them to submit a written report for their actions in the past six months to me not later than January 5, 2010. In addition, I am inviting PIP RACHELLE REEG, PAP FRED LEONARD,, PAP HARRY FRICK, PICM ARAINI FRIEDL and any other Past Area Presidents or International Council Members that are members of our Mid America Region to attend.

I am asking all Regional Service Directors to submit to me a mid year report of their accomplishments thus far, TO ARRIVE NOT LATER THAN January 5, 2010.

We are encouraging all DG's to have a district meeting not later than June 1, 2010. Training of all newly elected club officers should be the primary focus of the district meeting. Especially training of new club presidents. Further, that all DG's should and must solicit nominations for the position of District Governor-Elect. Clubs should vote on the nominees for DG in their district not later than June 1, 2010.

My goals for this year were not increased from the last two years except for a goal of increasing our regional membership by at least 10 new members. We will discuss these goals at our mid year meeting. Another subject that will be on our mid year agenda is whether our region will combine with another region to host a convention and/or to host a regional convention every other year.

To All MERRY CHRISTMAS AND A HAPPY NEW YEAR

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EXCHANGE

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News and Views from the Heartland

## REGIONAL DIRECTOR ELECT

Now is the time for all good clubs to come to the aid of their Region. The Y Service Clubs International (also called Y's Men International) has a few changes which will change deadlines for items being turned in. It is important that all of our clubs participate and follow the new timeline. Instead of paying dues in April, we will be paying dues in January. When the Club President receives the roster, it is VERY important for the roster to be updated (to include the current officers) and returned as soon as possible with the payments to our Regional Treasurer, CHARLOTTE FISCHER. (The amount will be reduced to reflect the short time span from October to now.) The next time dues will need to be paid will be in July. Once we get past this first year and the changes, then this will become easier the next year. We are a small but mighty Region and we want to stay mighty in our U.S. Area. There are nine Regions in the U.S. Area and let's be the first Region to get this done!

The money for the Brotherhood Fund (BF), Time of Fast (TOF), Alexander Scholarship Fund (ASF), Endowment, etc. will now be due by March 1<sup>st</sup> to the Regional Service Directors.

If you have any questions regarding the dues, the deadlines or about other information, please feel free to contact me. The easiest way to reach me is by e-mail, [dredmond@ymcastlouis.org](mailto:dredmond@ymcastlouis.org). I can also be reached in my office 314-353-0439 or home (314) 638-1441. I am willing to help all of the clubs and members. After all, I'm here to provide "Service" and I hope all of you are too.

DEBBIE REDMOND, RDE

### New U.S. Area Project (MEALS ON WHEELS)

Last year we had the Rollback Malaria Project and four of our Regional Clubs donated to that project. It was a project held as a part of the United Nations and had a definite start and finish date. This year, PHIL SAMMER, U.S. Area President has requested that we continue with our energy and do something with your local "Meals on Wheels" in March specifically for the U.S. Area. This could be having a club participate in delivering meals on a given day or in donating to the local group. For additional information, the web page is [www.mowaa.org](http://www.mowaa.org). Whatever you do, take pictures and send them to DEBBIE REDMOND (Regional Director Elect) or FRED LEONARD (Editor of the MAX). After all, we are an organization founded to provide "Service" to the Y as well as the Community in which we live. Let's make a difference in the lives of the people.

## SHORT TERM EXCHANGE PROGRAM

The STEP program is open to students aged 15 - 25 years old and they should be mature enough to be ambassadors for Y'sdom. Applicants must belong to one of the following groups:

- (a) Be a child/grandchild of a Y's man or Y's menette.
- (b) Have been inducted as a Y's man/Y's menette.
- (c) If neither of the above, have participated in the screening and introduction process of a local Y's Men Club.

Students interested should be able to download STEP application from the International Office Website: <http://www.ysmen.org>.

McKinley Johnson, RSD - STEP

314-652-7871 or [mc\\_johnson@sbcglobal.net](mailto:mc_johnson@sbcglobal.net)

## YOUTH EDUCATIONAL EXCHANGE PROGRAM (YEEP)

Even though this program is under review this does not mean that students from the USA cannot apply for the program. Different countries have different policies involving exchange students and these countries will accept students. Students interested should request application forms S1 and S2 and other information relating to the program from the International Website: <http://www.ysmen.org> or contact me as listed below:

McKinley Johnson, Regional Services Director

YEEP at 314-652-7871 or

[mc\\_johnson@sbcglobal.net](mailto:mc_johnson@sbcglobal.net)

## A REVISED MEMBERSHIP BROCHURE FOR YOUR CLUB

Inserted in this MAX is a copy of the new membership promotion brochure. This brochure was designed by ARLO PANNKUK, Area Service Director for Membership Conservation. This brochure is available in limited quantities for your club at no cost. It will be provided unfolded so you can add local information in the back center panel using a copy machine.

You may also download the brochure from the area website and have it printed at your own cost with your local club information.

For additional information, contact Arlo at:

13404 Xerxes Ave.

Burnsville, MN 55113-2108

(952) 890-1740

[ajpannkuk@visi.com](mailto:ajpannkuk@visi.com)

## WASHINGTON Y'S MEN AND WOMEN'S CLUB

The Washington Y's Men and Women's Club has had some interesting programs this fall. Our second meeting was held at member NEIL MILLS' home with a potluck meal. In October after the meal a tour of the new Public Library was enjoyed. In November, we heard about the Circles of Support group and heard about a trip thru the Panama Canal. We have 4 new members! Two are returning members who had been on the inactive list and two are Y staff members. We have returned our ballot to International with a vote for FRED LEONARD as IPE. Our Christmas Dinner was scheduled for December 8. However, due to the blizzard that hit Iowa, we had to cancel. We wish everyone a Merry Christmas and a Happy New Year.

Submitted by LORI BAUER, Correspondent

## St. Louis Page Park Y Service Club:

Our club Page park was the recipient of an award from International for Membership Service. This award was presented to the club during the Mid America Region Convention held this past September in St. Louis, Missouri at the Mercy Center.

This past October our club hosted what we hope will be an annual fundraising event. We hosted "Haints/Saints/ and Witches, a costume contest and dance. The event was well worth the hard work that some of us put into the project. It was a fun event as well as profitable. It will be better next year.

Our calendar year is rapidly coming to a close. Several events remain on our schedule to do list. First and foremost we plan to support our Monsanto Family YMCA annual kick of Community Service Campaign with its Tux and Tennis Gala. Their branch goal is to raise \$125,000 thousand dollars. The Tux and Tennis Gala normally jump start the campaign by raising \$50,000 of the goal. We the Page Park have pledge the sum of \$1,000.00 and we contributed to the Tux and Tennis Gala by purchasing two tables at the cost of \$75.00 per seat. It was a fun night for club members DAVE EVANS, CARL MILES, CHARLES COBBINS, VIRGIL LUCAS, PHYLLIS MITCHELL, MCKINLEY JOHNSON, DARRYLE AITCH, LORRAINE HALL, ROB WEST, DELAYZIO AMERSON, ELIZABETH MERKEL and their guest.

Believe it or not our club has been together for one year as of December 21, 2009. On December 17, 2009, we are planning to celebrate our first anniversary by hosting both a Christmas Party/Membership Drive Program. It is our intention to invite several

young people to our anniversary and to encourage them to become youth members.

## Submitted by MCKINLEY JOHNSON, President INDIAN BOUNDARY Y'S MEN'S AND WOMEN'S CLUB

We enjoyed the Indian Boundary YMCA Gala event on November 14. Our club purchased two tables of 20 each, with club members and significant others claiming 14 of those spots. We set aside the other spots to host three families who receive YMCA financial assistance. It was a beautiful evening and the YMCA raised over \$50,000!

Our Christmas Tree Lot has been operating since the day after Thanksgiving. We started with 600 trees (Balsams, Fraser Firs and Scotch Pines), along with roping and wreaths in 3 sizes. Sales are going very well – we're not sure if that's in spite of or because of the poor economy. We're on pace to at least match last year, when we sold all but 2 or 3 out of 560 trees. We are very hopeful that we will sell out the final weekend before Christmas! We want to thank our friends and supporters, the Indian Boundary YMCA Adventure Guides, as well as Indian Boundary YMCA staff and board members and area high school students who have all come forward to volunteer with us at the tree lot.

We wish all of you throughout the Mid-America Region a blessed holiday season and a happy, healthy 2010.

Submitted by LINDA DEAN, Club Secretary

US Area President PHIL SAMMER is energizing all US clubs to participate in a US Area project in conjunction with Meals on Wheels Month in March 2010. RDE DEBBIE REDMOND, a member of our club, emphasized this project in her first letter to all Club Presidents in the Mid America Region. When Club President ANNE STUCKEL reported this at the December meeting, our club decided to formulate a local project.

Club Treasurer MARSHA BRANN is Housing Programs Manager at the Carondelet Community Betterment Federation, one of our long standing community partners. Her latest report included a need for drivers for the Meals on Wheels program in the Carondelet area currently serving 85 seniors. A fact that startled us was that many persons must wait for openings for this vital service because of a lack of sufficient drivers.

Some club members are already signing up to be sub-

stitute drivers as needed. We will conduct a lobby campaign to recruit drivers at our newly opened Carondelet RecPlex YMCA during January. This spectacular venue has brought in hundreds of local residents, many new to YMCA services, attracting a greater number of persons who might be among those willing to commit to this service.

By using our "member power" we hope to increase the number of persons who can receive Meals on Wheels. This is a special opportunity for us to provide assistance to our local neighbors, work along with one of our partners, and to increase our visibility in our community.

We are beginning early! We decided we cannot wait for March to attend to this most serious need.

Submitted by RACHELLE REEG, Correspondent

## B.R. RYALL SERVICE CLUB

We had a successful candy sale under the circumstances of the economy and will depend on a great garage sale in Spring to improve our financial strength.

Our next meeting will be on the subject of Bees and how important they are to us in this area. We will hear about keeping bees in our area as a hobby.

Our annual Christmas dinner for members and interested guests, hosted by BILL & MARY GLENN was as always a wonderful time.

Our YMCA Executive Director, ED KNAPP, announced he is retiring as soon as we can find the right person to replace him.

We wish everybody a Merry Christmas and a Happy New Year!

Submitted by BENNO FRIEDRICH



## Sierra Leone LLIN post-distribution report Y's Men International

Western Rural Area District  
28<sup>th</sup> September – 1<sup>st</sup> October 2009

During the last week of September 2009, the Y's Men International supported a mass distribution campaign of **long-lasting insecticide-treated nets (LLINs)** in the Western Rural Area District of Sierra Leone. In July of 2009 the International Federation of Red Cross and Red Crescent and the Sierra Leone Red Cross Society met with **CHRISTIAN MARTYN KAMARA**, the National General Secretary of the YMCA Sierra Leone. During the meeting we discussed plans to collaborate closely on the upcoming LLIN distribution.

The distribution lasted four days, during which a total of 60,000 LLINs were distributed. The distribution activities were funded by the **Y's Men International**, Swedish Red Cross, and Against Malaria Foundation. Twenty volunteers from the Y's Men Sierra Leone worked with volunteers from the Sierra Leone Red Cross Society (SLRCS) during the distribution.

This campaign was essential to Sierra Leone as malaria is the leading cause of morbidity and mortality and the entire country's population is at risk.

- Ø Malaria accounts for over 40% of all outpatient morbidity for the entire population.
- Ø Among children under five, malaria is responsible for:
  - o 47% of outpatient morbidity
  - o 37.6% of hospital admissions
  - o 17.6% of in-patient deaths
- Ø Mortality attributed to malaria is 38.3% among children under five and 25.4% for all age groups.
- Ø On average, 7-12 days are lost (productive days) per episode of malaria.

The vegetation in the Western Rural Area District is mainly secondary palm-bush, interspersed with numerous swamps. Moreover, the capital city Freetown, situated close by, has several mangrove swamps, which provide breeding sites for *Anopheles melas* mosquitoes, one of the major vectors of malaria in the country. The district provides a particularly ideal breeding place for mosquitoes, hence the necessity to respond with a mass distribution campaign to protect its population effectively.

In support of the Ministry of Health and Sanitation's, National Malaria Strategy the SLRCS undertook a distribution of 60,000 LLINs. Costs for the distribution were supported by Y's Men International, these included: the logistical costs of getting the nets from the port to the distribution sites, volunteer training, project monitoring, volunteer and supervisor identification. The distribution covered the communities of Waterloo, Lumpa and Mabureh, all situated within the Western Area District. For the distribution, the SLRCS was responsible, in partnership with the Ministry of Health and Sanitation, for the logistics, social mobilization and post distribution Hang Up activities. The distribution was stand alone, targeting children under five years of age. Mothers were instructed

to attend distribution sites with all of their children under five years of age to receive one net for each eligible child.

The last national LLIN distribution campaign in Sierra Leone occurred in November 2006 and was funded and supported by the Canadian Red Cross Society. A subsequent Ministry of Health and Sanitation led campaign was planned for November 2009 however, this has been put back until May 2010 due to an inability to secure the required number of LLINs to cover all children in the country. The Sierra Leone Red Cross Society is expected to play a major role in pre, during and post campaign activities in 2010. The small distribution in the Western Rural Area District this September 2009 was an ideal opportunity for the SLRCS to pilot their activities for the 2010 national campaign, as well as to gather images and stories for continued advocacy around Sierra Leone's LLIN needs to effectively prevent malaria among the most vulnerable populations, in line with the Roll Back Malaria Partnership's 2010 targets.

#### Fallah Town

We visited Fallah Town on the first day of the campaign. Upon our arrival, they had already distributed 500 nets and the crowds were still forming. The crowd was controlled through the setting up of a 'corridor' made from ropes and sticks to control the flow of people entering the site. The distribution point was very animated, but tasks were carried out effectively by the LLIN distribution team. The nets were given to mothers with the packaging torn open to deter resale of the nets in the market (this was common practise in all distribution sites). Mothers were informed that the nets must be aired outside and in the shade for 24 hours prior to being used inside the household. Emphasis was put on explaining to mothers how the nets should be hung and tucked under the mat or mattress to ensure proper use of the LLIN.

As we left the site we encountered a young girl and her 2 day old baby brother, whose mother had passed away giving birth. The young girl asked us for a ride back to her village from where she had walked with the baby to pick up their net. We dropped them off after a 10 minute car drive, realising that this young girl must have walked an hour to the distribution point. Despite numerous sites having been set up across the district (43 in total), some populations were clearly still very difficult to reach. Nevertheless, the distribution points were numerous and well organised, and distances were most often very well covered



the contribution from Y's Men. They were also very happy that 20 volunteers from the Y's Men's Club in Sierra Leone and also the YMCA of Sierra Leone participated in the three-day seminar and the mass distribution campaign of long-lasting insecticide-treated nets (LLINs).

Attached is the detailed report from the Sierra Leone distribution and you will see that Y's Men International is visible in the report as our logo is there and our name is mentioned a number of times.

Thank you to all who have contributed to the Roll Back Malaria programme. It is good to know that our contribution is helping to save lives.

With best regards,  
Rolando



Dear fellow Y's Men and Women:

I was today at the office of the International Federation of Red Cross and Red Crescent Societies (IFRCRCS) for a meeting regarding the contribution from Y's Men International to the Roll Back Malaria programme. It was a very good meeting and I'm pleased to say that the IFRCRCS are very happy with what has been achieved so far with

**Mid America Region Convention Survey Report**  
**Rachelle Reeg, Task Force Chair**

At the 2009 Mid America Region Convention the Region Board authorized a team to conduct a survey of your opinions regarding conventions and other issues. In the previous Max I alerted members and clubs to this opportunity to discover attitudes and to collect ideas to improve participation at the Region level.

We hoped to discover each member's thoughts on some of these issues: *convention locations, program offerings, new projects, leadership, YMCA relationships, membership, and other ideas.*

On November 13 to save postage costs we sent a one page questionnaire to about 100 members for whom we had e-mail addresses thinking that a sufficient number of replies would give a fairly good picture about current attitudes. We encouraged clubs to discuss some of these ideas together. We set a return date of November 24 and waited until December 2 to compile the findings when we had received 6 replies (one which we could not use). The accompanying report is based on these 6 replies.

However, 8 additional forms and other commentaries have been received since that time and are not included in these findings. They have been forwarded to the Region leaders along with the surveys from the September Region Convention to assist with future planning.

**What determines if you attend a Regional Convention?**

<b><u>Question</u></b>	<b><u>Very Important</u></b>	<b><u>Somewhat Important</u></b>	<b><u>Not Important</u></b>
	(NUMBER OF REPLIES)		
Convention and Program theme	2	2	1
Housing costs	1	2	1
Housing type	1	2	1
Location	3	2	1
Local tours	0	0	4
Entertainment	0	1	2
Presence of International guests ( <i>BF Delegates, Officers</i> )	1	2	1
Opportunities for fellowship	2	1	1
How much do you value attending conventions?	2	2	1
Travel time	1	2	1
Registration costs	2	1	1
Speakers	2	0	1
Workshop topics	2	1	0
Time of year	2	1	0

**What is your opinion?**

<b><u>Question</u></b>	<b><u>YES</u></b>	<b><u>NO</u></b>
	(NUMBER OF REPLIES)	
1. Should Region Conventions be held over two days? (SAT/SUN)	3	2
2. Should Region Conventions be held on one day? (SAT)	2	3

<u>Question</u>	<u>YES</u>	<u>NO</u>
	(NUMBER OF REPLIES)	
3. Should Region Conventions be held every other year?	3	1
4. Should District Meetings be held once a year?	3	1
5. Should District Meetings be held twice a year?	1	3
6. Would you expect workshops or seminars on YMI topics? (Officer and/or new member training, membership issues, knowledge of Region, US Area and International Affairs, local programs, international projects, etc)?	4	0
7. Should personal growth topics or information on topics other than those related to Y Service clubs be included?	3	1
8. Should two Regions consider joining together for a type of Region Convention or meeting?	5	1

### General Questions with Individual Replies

#### When (time of year; specific month) do you think the Mid America Region Convention should be held?

October

July, August, September

September is okay—

September or October, even summer. Winter months, with weather which could limit travel, should be avoided.

#### How can we attract first timers to attend the Region Convention?

By making it seem and be beneficial, happy and fun. Personal one on one encouragement.

Reduce cost for first time if non-officer

Need more younger members

Promote fun activities

#### If YOU were planning the Region Convention, which other activities or ideas would you include? Include any format that you think would make this event more attractive.

Consistent with housing costs, perhaps an optional Friday evening and night which could actively include all who attend and with emphasis on fun.

Until we can attract younger members, I see no need to change previous formats.

Workshop for first timers

#### Add any other comments you have on any of the issues included in this questionnaire

For possible younger participants, activities and involvement for families, perhaps some as separate events.

### A Christmas Prayer

Loving Father,  
 Help us remember the birth of Jesus,  
 that we may share in the song of the angels,  
 the gladness of the shepherds,  
 and worship of the wise men.  
 Close the door of hate  
 and open the door of love all over the world.  
 Let kindness come with every gift  
 and good desires with every greeting.  
 Deliver us from evil by the blessing  
 which Christ brings,  
 and teach us to be merry with clear hearts.  
 May the Christmas morning  
 make us happy to be thy children,  
 and Christmas evening bring us to our beds  
 with grateful thoughts,  
 forgiving and forgiven,  
 for Jesus' sake.

Amen.

Robert Louis Stevenson



"To you is born this day in the city of David a  
 Savior, who is the Messiah, the Lord."

Luke 2:11

**MERRY CHRISTMAS AND  
 A BLESSED, SAFE AND  
 HAPPY NEW YEAR!**

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 strong families, strong communities.

YMCA



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