Return Service Requested

NOVEMBER 2018

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 2018

Tues	Thu	Fri
6 1:00 RMC Mtg.	8	9 8:45 Drop In
13 1:00 RMC Mtg.	15 8:00 Casino Trip	16 8:45 Drop In 8:30 AM Membership Committee Mtg. Stockholm Inn
20 1:00 RMC Mtg.	22 HAPPY THANKSGIVING	23 8:45 Drop In
27 10:00 Board Mtg. 1:00 RMC Mtg.	29	30 8:45 Drop In

DECEMBER 2018

Tues	Thu	Fri
4 1:00 RMC Mtg.	6	7 8:45 Drop In
11 1:00 RMC Mtg.	13	14 8:45 Drop In 8:30 AM Membership Committee Mtg. Stockholm Inn
18 1:00 RMC Mtg.	20 8:30 Men's Breakfast Hollywood Restaurant	21 8:45 Drop In
25 MERRY CHRISTMAS	27	28 8:45 Drop In

BOARD OFFICERS

Fred Pelley	President
Ted Plum	1st Vice President
Marlow Anderson	2nd Vice President
Barney Spencer	Secretary
Jerry Fry*	Treasurer

BOARD MEMBERS

Jerry DeWitt*
Jeff Dahlberg*
Jim Jones
Brad King
Randall Locke*
David Palmer
Clarence Beckum

Gary Peterson (Programs)
Bill Peterson (Trips) (815) 962-8351)

*Indicates board member's term ends 12/01/2018

NOVEMBER BIRTHDAYS

Ron Bare	**11/05/40**
Michael Winquist	**11/07/42**
Bill Barnhart	**11/08/44**
William Treu	**11/08/38**
Gordon Peterson	**11/10/39**
Ron Vincer	**11/12/33**
Bill Forsen	**11/22/37**
Richard Karau	**11/26/32**
William Peterson	**11/27/28**
Don Hacker	**11/29/27**

WELCOME NEW MEMBERS

Al Albanes: Joined 10/18
Hobby: Amatuer Radio

Jeffery Kennedy: Joined 09/18
Hobby: Classic Cars

David Allen: Joined 10/18
Hobby: My pond

IMPORTANT DATES – NOVEMBER

November 2- 9:00 am: Meet at the boathouse to transport supplies to tree lot.

November 3 – 8:00 am: Meet at the tree lot to work with Rowing Club to setup tree lot.

November 14 – 9:30 am: Meet at tree lot to unload trees/remove tree wrapping.

November 17 & 18 – 11:00 am: Tree lot open for sales.

November 23 – 11:00 am: Tree lot opens for Black Friday sales.

2017/2018 NEW MEMBERS/COMMITTEE MEMBERS LUNCHEON

WHEN: Wednesday, November 7, 2018
WHERE: American Legion
1011 S. Alpine Road
TIME: 11:30 A.M.

Membership Committee Meeting

When: Friday, November 16, 2018
Where: Stockholm In
2420 Charles Street
Rockford, IL 61108
815-397-3534
Time: 8:30 am

Men's Breakfast

Every third Thursday of the month

Time: 8:30 am
Place: Hollywood Restaurant
5518 North 2nd Street
Loves Park

AOA (Active Older Adults) UPCOMING EVENTS (at the Northeast Family YMCA) NOVEMBER 2018

11/05: PURI YMCA – CHERRY VALLEY – BINGO AND GAME DAY
Monday, 12:30 pm
Cost: $1.00 per card (there will be prizes)
If Bingo is not your thing, come play your favorite card game, learn a new game, or just hang out with some really fun people!

11/08: MOVIE – "The INTERN"
"Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin." Starring: Robert DeNiro & Anne Hathaway
Thursday, 1:00 pm – NORTHEAST FAMILY YMCA
Cost: Free

11/09: SOUP LUNCH
Join us for food, fun and fellowship. Bring your favorite soup or side to share.
Friday, 12:30 a.m. – **NORTHEAST FAMILY YMCA**
Cost: Free! Please sign up and bring soup or side.

11/12: COFFEE TALK – ROCKFORD BETTER BUSINESS BUREAU
Dennis will be here to tell us about the BBB. He will also talk about local scams and what to watch for.
Monday, 11:00 a.m. – **PURI FAMILY YMCA – Cherry Valley**
Cost: Free! Bring a friend – no sign up needed.

11/13: COFFEE TALK – LOVES PARK POLICE DEPARTMENT
Deputy Chief of Police, Shane Lynch, will be here to talk about safety in our community and what we need to do to protect ourselves.
Tuesday, 10:00 a.m. – **NORTHEAST FAMILY YMCA**
Cost: Free! Bring a friend – no sign up needed.

11/15: GAME DAY
Come play your favorite card game, learn a new game, or just hang out with some really fun people.
Thursday, 12:30 p.m. – **NORTHEAST FAMILY YMCA**

11/29: MOVIE – "THE CHRISTMAS CANDLE'
From bestselling author, Max Lucado. Legend has it every 25 years an angel visits the village candlemaker and touches a single candle. Whoever lights this candle receives a miracle on Christmas Eve. But in 1890, at the dawn of the electric age, this centuries old legend may come to an end. When David Richmond, a progressive young minister, arrives in Gladbury, the villagers discover a new formula for miracles: good deeds and acts of kindness."
Thursday, 1:00 p.m. – **NORTHEAST FAMILY YMCA**
Cost: Free

For more information contact: Darcy Houser, Northeast Family YMCA – 815-885-6838 E-mail: dhouser@rockriverymca.org

COFFEE AND DONUTS

10/09: Ron Harris – Birthday – 10/10/45
10/02: Roll Palombi – 93rd Birthday
09/25: Ron Fox

9-BALL POOL TOURNAMENT

WHEN: Friday, November 9th
COST: $5.00

Greeters & Their Duties

- **Greet all members and guests.**
- **Request that a nametag be worn or offer a temporary tag.**

Greeters For November:
11/06: Ron Bare
11/13: Guy Showalter
11/20: Jeff Dahlberg
11/27: Tom Markuson

YMCA RETIRED MEN'S CHORUS

11/06: NEIGHBORS
811 West 2nd Street
Byron

11/13: TERRACE APARTMENTS
2321 Halsted Road
Rockford

11/20: HERITAGE WOODS
202 N. Showplace Drive
Rockford

11/27: CRIMSON POINTE
7130 Crimson Ridge Drive
Rockford

CASINO TRIP

DATE: November 15, 2018 – 8:00 am
PLACE: Diamond Jo
COST: $10 – lunch included
Call Mel, 815-489-1235, for reservations

IMPORTANT PHONE NUMBERS

Kim Lape 815-489-1254 (RMC Coordinator)
Klape@rockriverymca.org
Mel McCollom 815-489-1235
mmccollom@rockriverymca.org
YMCA Log Lodge 815-987-3760
YMCA Front Desk 815-489-1252
Fred Pelley (President) 815-988-4822

NOTE: Any items for the newsletter may be e-mailed to Mel at mmccollom@rockriverymca.org. Deadline for newsletter items is the third Tuesday of the month.

NOVEMBER PROGRAMS

11/06: David Draeger, retired U.S. Army Colonel, directs the ROTC program at Auburn High School. Colonel Draeger will share with us the benefits young men and women receive from participating in the ROTC program. He will also speak to us about ROTC in universities nationwide and the place it has in the preparing young men and women for service in the military. Butch is the host. Projector, laptop and sound system is needed.

11/13: Dr. Charles Smith is a retired physician who lost his 28 year old daughter to major depression and suicide in 2002. Teenage suicide has increased 50% since 2000. Every week, in the Rockford Register Star alone, there are teenage deaths in which the cause of death is not mentioned. I can only assume suicide is the major cause of death. Dr. Smith has founded "Group Hope" which is a support service for depression and bipolar disorder. Dr. Smith hopes to spark an innovation to bring a community of volunteers as participants in mental illness care. This. Is a very timely. Program to which you may want to bring your significant other.

11/20: Dr. Mathew has his PhD in Mechanical Engineering. Dr. Mathew's research focuses on the various causes of hip, joint and knee replacement corrosion after the replacement. His research is to develop new technologies to minimize wear and tear of implants. He is also studying ways to regenerate joint tissues to increase longevity of replacements. I have requested the presentation be made in laymen terms. The research being done at the U of I College of Medicine is at the leading edge of medical technology as they work in conjunction with major universities.

11/27: Michelle Hoffman will speak to us about "Battling the Aging Brain". We will also take a look at what is normal and what is not. Michelle will also share with us a variety of ideas for maintaining a healthy brain. Ted Plum is the host. (Projector is needed.)

AMENDMENT OF BYLAWS

Article IX: Amendment of Bylaws
Section One: These Bylaws, when amended, shall supersede and replace any existing set of constitution and bylaws. They shall become effective immediately after being adopted by a vote of two-thirds (2/3) of the members present at any regular or special meeting of the club, provided the members have been notified of such action in writing or Newsletter at least ten (ten) days in advance. A quorum of 10% of the membership must be present for such action. Any changes in the bylaws will be submitted to the YMCA Executive Director, through the Senior Coordinator, for approval.

MOTION
Article V: SECTION TWO: "The regular meeting on the second Tuesday in November shall be known as the Annual Meeting, where in voting for the new group of Board of Directors shall occur.

MOTION
Article IV: SECTION SIX: Delete sentence #four "All checks require two signatures, one of which shall be that of the Treasurer, if available."