



The Bulletin

COURTESY OF:
FLORENCE EXCHANGE CLUB
THE LONGEST SERVING CIVIC CLUB IN THE SHOALS

**2017 - 2018
 BOARD OF
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- Brian Maples, President
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- Jenny Mitchell
- Joe Patterson
- Joel Quillen



Lane Vines and Tommy Lawless were the guest speakers introduced by Adin.

“I’m very impressed by the friendly people of the Shoals since my family and I moved here just recently,” Lane Vines remarked Tuesday to the FEC members. “No loud sirens, no honking car horns, every one seems pleasant. It is a great place to raise a family.”

Mr. Vines, the new Executive Director of the YMCA, is originally from Tuscaloosa, a graduate of UA in Fitness Management. He has 25 years experience in managing YMCAs in Tuscaloosa, Mobile and Birmingham.

“In 1844, George Williams, along with about a dozen of his friends, founded the first Young Men’s Christian Association in London, England. They saw a need for young men to find God. The Y was and has always been non-sectarian: it accepts people of all faiths,” he said.

“The first YMCA in the US started in 1851 in Boston, Massachusetts. Today, we are the largest not-for-profit community service organization in America. Each Y is a charitable not-for-profit, qualifying under Section 501(c)(3) of the United States Tax Code. Although each Y is recognized as a Member Association of the Young Men’s Christian Association of the United States, each is independent.”

**UPCOMING
 PROGRAMS:**

Youth in Government	March 6
Board Meeting	March 12
Robert Beasley	March 13
Bill Bowen	March 20

Do you have an idea for a speaker?
 Call Fran

In August of 1965, a group of students from Coffee High School expressed their desire for a YMCA in Florence. Their desire resulted in the first home of the Shoals YMCA on Tuscaloosa Street. The YMCA of the Shoals was recognized as a Member Association of the YMCA of the USA in October 1966. In April of 1979, the E. Stanley Robbins Branch of the YMCA located on Helton Drive in Florence, opened.



Vines added that leaders of the YMCA were instrumental in the founding of **basketball, volleyball, and racquet ball**. Also, three organizations were started by the Y: Boy Scouts, Father’s Day and the Gideons. “Much of the success and growth of this Y came from the previous director and staff,” Vines said. “Membership is up over 8,000, the after school care is up, the daily attendance is steady.”

The Exchange Club with the City officials will sponsor the Youth In Government Day March 6. Lunch will be served at noon in the Coliseum.

“Our contributors have donated (in 2017) \$61,695 to fund scholarships and programs. We are also proud of the United Way affiliation which contributed \$50,000,” he said. One outreach program is the Friday Backpack Project which provides food for 70 students.

The Y provides positive adult role models and peer relationships in order to help young people make life decisions. The Y helps to build strong families by providing programs and experiences that nurture the bonds of love and trust. Strong Communities are built through the Y’s effort to strengthen and support schools by bringing all people together.



YOUTH DEVELOPMENT:
Nurturing the potential of every child and teen.
HEALTHY LIVING: Improving the nation’s health and well-being.
SOCIAL RESPONSIBILITY:
Giving back and providing support to our neighbors.

The YMCA of the Shoals offers a complete lineup of activities and programs for the whole family. Members have many options including our Wellness Center, Aquatics Center, Youth Sports, Active Older Adult programming, Child Care, Youth Fitness offerings, Group Exercise classes in the water and on land, Personal Training, Reformer Training and a host of other activities!

The Shoals community may benefit from our CPR classes, health seminars and workshops, massage therapy, SPLASH Swim Lessons and a myriad of other services. The Y is a cause-driven organization that is for youth development, for healthy living and for

social responsibility. That’s because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

Also as guest speaker was Tommy Lawless, the Health and Wellness Director. A recent UNA graduate, Lawless related that heart disease was the number one killer in the US and here in this area. “A healthy diet and lifestyle are your best weapons to fight cardiovascular disease.”



If you would benefit from lowering your blood pressure or cholesterol, the American heart Association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three or four times a week.

“Our work at the Y is to provide you with a guide to healthy living through wise decisions on good eating habits and healthy exercise,” he added.

DID YOU KNOW? . . .

What is the difference between pancakes, flapjacks, griddle cakes and hotcakes? All taste the same? It depends on the butter, syrup and the cook.



The Kiwanis Club members will hold their umpteenth annual Pancake Fundraiser this March 2 and 3 in the Coliseum. Tickets are still just \$10.



Begins this Friday

Youth In Government event will again be held Tuesday March 6. High Schools students will shadow city officials observing how the city operates.



March calendar events:

Already mentioned are the Pancake, the First Friday and the Youth In Government activities. Looking at the rest of March, there is a fun event for the youth with **Rock N Roll** bowling the weekend of March 9-11. This is a fundraiser for the Big Brother/Big Sister Club. The Board has approved a \$250 donation in support of this event.



Daylight Savings Time will begin on Sunday, March 11; set your clocks ahead one hour Saturday night so you won't be late for church.

On Monday at noon, the Exchange Club Board is to meet at noon in the Library to make plans for the election of officers/board members; preparing tickets for the Red Beans and Rice fundraiser; listing the agencies to donate funds; asking for nominations for **Proudly We Hail**, the **Book of Golden Deeds** and the **Exchangite of the Year**.

Also that Monday the City of Florence will be having a BIG bash to celebrate 200 years of growth in the Shoals. More information will be announced later.

St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic. *Adrienne Cook*



St. Patrick's Day occurs annually on March 17 in observance of the death of St. Patrick, the patron saint of Ireland. What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green.

The 15th Annual Salvation Army Women's Auxiliary Empty Bowls Luncheon will take place Wednesday, March 14, 2018 from 11-1 at the Marriott Shoals Conference Center. Tickets are \$15. There is a Silent Auction with hundreds of items from local merchants and individuals. The money raised from the Silent Auction is used primarily to send at-risk area children to camp. It is also used for Salvation Army shelter needs and art and music programs for children provided at the local headquarters.

Nominations are needed:



Officers/Board members

Book of Golden Deeds

Exchangite of the Year

Proudly We Hail

List of Agencies

We'll be seeing spring flowers soon enough. Meteorological spring begins on March 1, and astronomical spring on March 20. Another thing to help ease the gloom: The days are getting longer. Who believes in that rodent, Punxsutawney Phil?

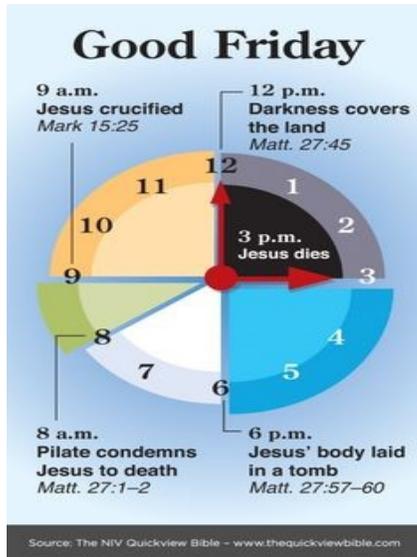
Students in the local schools and universities will enjoy a "spring break" during the last week of March.

March Events continued . . .

The National Exchange Club will celebrate its 107th birthday on March 27. Nationwide there are over 650 club with 19,000 members. In Alabama there are 27 clubs with 600 members. The next Annual Convention will be held in Reno, NV during mid July.



The Florence Exchange Club will celebrate 97 years this June. The next Alabama District Convention will be in Montgomery the first week of June.



Christians will mark Friday, March 30 as Good Friday. Easter will be Sunday, April 1.

During Good Friday services, Christians all across the country put on spectacular productions of passion plays or recitals of the "seven sayings of Christ" then gather together again in churches on Easter Sunday for prayer and worship.

Dubbed as sunrise service, many Easter Sunday church services begin in the early hours of the morning after members spent the previous week or even 40 days fasting, praying and/or pledging vows of repentance.

Now that the Winter Olympics have concluded it is time for the March Madness event.

NCAA.com released the full schedule for the 2018 Division I men's basketball tournament last week, with the tournament kicking off with Selection Sunday on March 11 and the Final Four taking place on Saturday, March 31, and the national championship game occurring on Monday, April 2.

First Round: Thursday, March 15, and Friday, March 16
 Second Round: Saturday, March 17, and Sunday, March 18
 Sweet 16, Thursday, March 22, and Friday, March 23
 Elite Eight: Saturday, March 24, and Sunday, March 25.



This should prove to be a much more exciting event than watching the Curling contest during the Olympics. Just saying!

One final note from the Editor:

President Brian announced that tickets for the Red Beans and Rice Fundraiser will be ready for each member to begin selling next week. Also 11x14 posters are available to help promote this program. The date is set for April 16 (just before TAX day!) More information later.