



# The Real McCoy

Newsletter of the McCoy Chapter  
of the YMCA Alumni Association  
Serving Northern and Central California and Northern Nevada

## Spring Issue

June 2024  
Volume 40, Issue 2

## McCoy Chapter 96th Anniversary 1928-2024

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— By  
Chris Logan  
Chapter President

### Comments from Chris

One of the highlights of this Spring was the McCoy Chapter visit to Filoli on April 17. Thanks to **Bud Doane** and the Program Committee for organizing our visit to the spectacular gardens and Filoli mansion. Also, a shout out to **Julie Weslock** for hosting 17 of us at her beautiful home for lunch following the tour. It was a delight to enjoy the fellowship and food. Additionally, she shared her recipes for Mexican Casserole and Brownies which are amazing!

If you have ideas for outings or programs please consider joining the Program Committee led by **Bud Doane**. Also, let us hear from you about family gatherings, trips, favorite books or hobbies to include in the newsletter. Photos are greatly appreciated!

Special thanks to **Bob Smeenk** who represented me at the Y Alumni Presidents Conference, May 21-23rd in St. Louis. About 40 people attended including several on the National staff

and here is a little of his report.

Bob said:

*"It was fast, intense, with lots of information, and well organized and presented. Much of the information was on membership. How to recruit and retain our members. How to develop relationships with your local Y staff and new retirees, while maintaining interest and support of existing members. There were discussion groups, by regions, to discuss what was and what is the response, or lack of response from previous retirees and new potential retirees. One statement I took away was that new retirees "Do not write checks". What systems do we have in place, or need to put into place, to answer this issue? Then there were topics like Bylaws, succession plans, and others items that I will present to the McCoy Executive Committee. There are larger, and smaller, Chapters than ours, but the McCoy Chapter is not that different from any of the others. There are interesting, committed, and capable people in the Y Alumni membership and leadership, at all levels."*

Have a great summer and share your news with us through the Newsletter.

*Chris*

Chris Logan  
McCoy Chapter President

### Coming Events

**Alumni Reunion at Sea**  
Galveston, TX  
Jan 26-Feb 2, 2025





**Henry J. McCoy**  
1847 - 1921  
First General Secretary  
San Francisco YMCA  
1881 - 1915

## Y Alumni Mission Statement

The mission of the YMCA Alumni Association is to enable members to promote a nurturing worldwide Christian fellowship that provides educational, social service and charitable opportunities.

**The Real McCoy** is the official Newsletter of the McCoy Chapter of the YMCA Alumni Association..

It is published two or three times a year: Spring, Summer and Winter. Articles and news for inclusion should be received by the 1st of the month of publication.

Submissions may be sent to Pam Sheble by e-mail (see emails in next column) or mailed to Pam at 2730 Sequoia Way, Belmont, CA 94002.

## Welcome to a new Board Member - Andy Vamis

**M**y name is Andy Vamis and I retired from the YMCA of San Francisco after 27 years of service in Human Resources in August of 2023. My most recent title with the YMCA of SF was Senior Vice President of People, Culture and Risk. In that role I was responsible for strategic planning for the organization, human resources management including benefits, recruiting, employee relations, compensation, administration, training/ leadership development, volunteer engagement and risk. In addition, I served as an HR Partner Y consultant and supervised the Training Partner staff for the West Coast.



I am currently working as a human resources consultant with Castlerock HR and recruitment. Castlerock serves mostly small non-profit and profit organizations that usually don't have internal HR expertise and therefore need HR systems and HR advice. I am currently working with six small non-profits in Northern California, one tennis club and one golf club. This is very rewarding work. I am really enjoying working with a diverse group of mission oriented social services non-profit organizations.

I have a BA degree in Psychology and Sociology from UC Berkeley and MA degree in Industrial/Organizational Psychology from San Francisco State University. I obtained the designation of (SPHR) Senior Professional in Human Resources from the Society of Human Resources (SHRM), where I have been a SPHR trainer and am a lifetime member. I completed my YMCA Senior Director Certification in 1999 and am currently certified as an Organizational Leader.

I have been an active member of the DIG (Diversity and International Group) and have been very involved in local ERG (Employee Resource Groups) for the YMCA of San Francisco. I was an active member of the Y's National Salary Task Force for over 18 years and was on the Y Retirement Fund's Employer Advisory Committee.

(continued on page 3)

### McCoy Chapter Board

as of January 2023

President	<b>Chris Logan</b> christine.logan@gmail.com
Vice President	<b>Bud Doane</b> Budoane@yahoo.com
Secretary (interim)	<b>Sally Stickney</b> sallystick@aol.com
Interim Treasurer & Archivist	<b>Pam Sheble</b> pamsheble@comcast.net
Immediate Past President	<b>Fred Stickney</b> fredstick10@gmail.com
Membership Chair	<b>Kathy Catanho</b> kcatanho@pacbell.net
Newsletter Editor	<b>Pam Sheble</b> pamsheble@comcast.net
EAF Chair	<b>Andy Vamis</b> famisvamis@gmail.com
National Service Project Chair	<b>Lee Muckey</b> lee@muckeys.com
International Chair	<b>Tracy Muckey</b> tracy@muckeys.com
McCoy Award/ YPN Liaison	<b>Barbara Cardenas</b> cardenasx3@aol.com and <b>Julie Wesolek</b> jwesolek4@gmail.com
Shakespeare Festival	Vacant
Members at Large	<b>Jan Dale</b> hikerjd@gmail.com  <b>Greg O'Brien</b> gwob1@hotmail.com

I have always been very involved in YPN (YMCA Professional Network) formerly AYP (Association of YMCA Professionals) and also served on EAF (Emergency Assistance Funds) National Board. I was a member of the CHRO group for over 26 years and served as Chair of the Executive Committee and Chair of the Planning Committee in addition to having leadership roles on the Y HR Western Group and the Bay Area YMCA Group.

I am honored to have been asked to serve on the McCoy Chapter Board of the Alumni Association. Since I have a background in human resources and EAF (Emergency Assistance Fund) I was selected to be the new EAF Chair for the McCoy Chapter.

On a more personal note, I live in El Cerrito which is 5 miles north of Berkeley. I have been married for 28 years to my wife Kelly and have two boys that are 23 years and 18 years old. Both boys still live at home for the moment. However, my 23 year old has graduated college and is looking for his first big professional job and so there is hope to be an empty nester in the future.

I enjoy playing golf and skiing and as a former tennis and squash player, I am starting to play pickleball.

## Let the nominations begin!

The McCoy Chapter of YMCA Alumni will soon be seeking nominations for the McCoy Award. We will be seeking nominations for a currently employed Y program director who demonstrates leadership and creativity in the development, promotion, and operation of a YMCA program. Named after Henry J. McCoy, the first General Secretary of the YMCA of San Francisco from 1881-1915, the purpose of the McCoy Award is to recognize new program development. Mr. McCoy was considered a visionary in his time; under his leadership, the YMCA of San Francisco grew quickly and assumed a position of leadership in the West.

The award is appropriately named after him, and it is the McCoy Chapter's way of thanking and rewarding great YMCA work. Besides being recognized for contributing to the Y movement, the awardee will receive a gift of \$1,000!

Additionally, we also seek nominations for a rookie program director (hired in 2022 or 2023) who has excelled in their position. The Rookie of the Year will be recognized regionally and receive a gift of \$500!

If you are involved with your local Y in any way please encourage them to participate when they are contacted this fall.

Watch out for more details coming in June!

*Submitted by Barb Cardenas and Julie Wesolek.*

### Important Websites to Checkout:

#### Y Alumni Website:

<https://ymcaalumni.org>



**Y Alumni newsletter is available online Y Alumni members 12 times a year. Go to above website and join now.**

#### Y Alumni Travel Club:

<http://www.ymcaalumnitravelclub.org>

#### YMCA Retirement Fund Website:

<http://www.yretirement.org/default.aspx>

Online readers click below:

[McCoy Chapter Alumni FaceBook Page](#)

Printed copy readers go to:  
[www.facebook.com](http://www.facebook.com) and search for  
McCoy Chapter Alumni.



**Last year's winner Maia Skreen with Barb Cardenas and Julie Wesolek at the presentation on December 22nd at YMCA of Silicon Valley's Association Office**



# Member News

**Don and Susan Anderson** (Honolulu, HI) Don spent two weeks on Palawan Island in the Philippines on a Rotary-YMCA project to build three classrooms in an overcrowded school. Our total project group was 37 from Hawaii plus 12 from the Cebu, Philippines YMCA. Our Honolulu group included 25 young adults who all had a life changing experience.



Don is currently working with a team of Rotarians to remodel residence rooms at the Honolulu Central YMCA to be used for those who are insecure in their housing needs. Susan and Don are planning a trip to the mainland this summer to visit family and friends.

**Barbara and Eli Cardenas** (San Jose, CA) "Following millions of others who migrated to see the April 8th eclipse, we were lucky enough to score a two-fer. Our son lives in Austin, TX, which was along the path of totality. So, we got to visit him AND witness one of Mother Nature's greatest shows on Earth. Austin was prepared for this huge event. Even the bakeries got into the act making special cookies to celebrate!"



Our son lives very close to a huge park where we and hundreds of others gathered to witness the event as it unfolded. It was rather overcast that morning, which made us all a tad nervous that we wouldn't see anything. However, in the end, the clouds parted a bit, and it was showtime. The best part? When totality happened, cheers erupted. It was better than a Taylor Swift concert!"

**Bea Halk** (San Diego, CA) "My family, recently enjoyed a week on the Big Island. It had been several years since I was there but on the other hand it seemed that not much had changed and is still as beautiful as ever. We stayed on the



Kona side and were able to walk to several restaurants and interesting "watering holes". My adventurous kids had a great time zip-lining, snorkeling, & swimming with Manta Rays while I enjoyed the calmer pace lol. We visited as many interesting places as possible ending with the traditional Luau at the Hilton in Waikoloa. Hopefully this will become our family tradition. Aloha!

**Chris Logan** (Palo Alto, CA) "My highlight for April was a train ride to San Francisco to watch the Giants and Nationals play at Oracle Park. I was lucky to have my son, Eliot, and grandson, Milo join me for the day in the city AND



**the Giants won!"**

**Donna Roper** (Guerneville, CA) "This was a busy Spring. I took a trip to Key West to visit an old Y friend- Susan Rittscher. Then off on a trip to Barcelona, Spain and Portugal."





# More Member News

**Lee and Tracy Muckey** (Glen Ellen, VA) "We spent the late winter and early spring of 2024 traveling. We are bi-coastal, living half the year in Virginia and half in the Los Angeles area. This winter, we left LA on Valentines



Day for 3½ weeks in Hawaii, particularly enjoying the bi-annual McCoy and Allen-Stone Chapters' excursion on Oahu. You really should join in the 2026 excursion, which will take place on the big island of Hawaii!



On March 8, we left Honolulu for New Zealand, where we hiked the Milford Track, a famous 5-day lodge-to-lodge trek through the

Fjordlands Rain

Forest on the South Island. From there, we flew to Sydney, Australia, to spend a few days with friends before embarking on a 2½ week air and bus tour of Australia and New Zealand. The highlights were many: Sydney, snorkeling the Great Barrier Reef, seeing Australia's outback and Uluru (Ayers Rock), Melbourne, Queenstown and Christchurch, New Zealand. Before returning to LA, we visited Hobbiton, the film set of The Shire from the Lord of the Rings and The Hobbit movies...what a treat! Of course, we've since watched all six LOTR and Hobbit movies to pick out the scenery we saw on our trip."

**Bob Smeenk** (Aptos, CA) "My roommate, Roger Seehafer, from George Williams College days, paid me a visit. He was visiting classmates along the West Coast. That's a long way from In-



diana where he lives with his wife, Jan, on a small farm, breeding and training colts as a hobby. Roger retired from Purdue University where he taught. What a great visit, remembering the "Days". Spent the evening listening to Blues, that Roger loves. Visited Monterey, Carmel, and the Big Sur area. Had lunch at a restaurant on a cliff overlooking the Pacific. How great is that!"

**Sue Steph** (San Francisco, CA) "After 40+ years of service to the Y in Long Beach, LA, Silicon Valley and San Francisco, I have officially retired as of April 25th.



It has been the most wonderful journey! So thankful for the adventures, the learning, the fun and most of all the friendships along the way. The man in the above picture is **Jamie Bruning-Miles**. He is the CEO of the YMCA of San Francisco.



I hope to become more involved with the alumni group, and reconnect with many of you. Looking forward to seeing some of you soon!"

Your news could have  
been here too! Next time  
send it to Pam Sheble –  
pamsheble@comcast.net

## Ashland Shakespeare Festival - 2024



**Back row: Pat Flannery, John Howard, Don Leak, Joyce Mercer, Jan Leigh, Jim Leigh, Cathy Howard, Dave Mercer, Peter Gardner, Mike Robinson. Front row: Sally Stickney, Caroline Brooks, Fred Stickney, Elizabeth Gardner, Joyce Leak.**

The McCoy and Allen Stone Alumni Shakespeare group started out this year's program on May 1 with a welcome dinner at the Holiday Inn. Guest speaker, **Omar Esqueda**, first generation son of Mexican immigrants who grew up in Southern Oregon. Omar was a camp Counselor for the YMCA while attending Western Oregon University. His experience with the YMCA and working with children and the YMCA mission, led him to go into police work with the Medford Police Department where he was a K9 handler and currently holds the rank of corporal. He continues to support YMCA services in the area.

On the second day the group saw "Born with Teeth", a play seldom seen, work of William Shakespeare, as the young and hungry playwright. The production

was excellent and was enjoyed by the whole group. On the third day, we saw "Macbeth", once again a very good modern production, that had us all riveted, with the sword fighting scenes and great sets. The caliber of the acting was very good. Ashland Shakespeare is coming back to its prior prominence as a first class Festival of plays.

The final dinner at Dana Campbell Winery, hosted by **Pat Dana Flannery and Paula Campbell Brown** was a great evening with wine tasting, enjoying the fantastic views and a super dinner **Cathy Howard** provided. Cathy did a fantastic job in providing some great dinner's, setting up the speaker, working with the festival tickets and helping the McCoy chapter with her leadership. We give a huge "Thanks" to Cathy for all the work she did for this successful program.



# Hawaii Trip a Great Success

Text submitted by Gary Huff



L to R: Sally Stickney, John Ciabrone, Dave Livingston, Debby Ciabrone, Susan Anderson, Roz Hamby, Pam Livingston, Greg O'Brien, Joyce Leak, Fred Stickney, Linda Whitte, Lee Muckey, Chris Logan, Gary Huff, Don Leak, Tracy Muckey, Don Anderson

The Allen Stone and McCoy chapters of Y Alumni had a wonderful trip to Oahu, Hawaii, from February 18th - the 21st. **Don and Sue Anderson** were super hosts and were helped out greatly by **Lee and Tracy Muckey**. We started with an opening dinner attended by 17 people (Pictured). Five of them were retirees who lived on the Hawaiian Islands. Our events included a day at the Polynesian Cultural Center, a gorgeous 7 mile hike to Kaena Point along the coast, a trip to the Honolulu art museum, a visit to a Buddhist Temple and a trip to Pearl harbor and the Arizona memorial. On the hike we saw over 40 Albatross, the largest birds on earth nesting and doing their mating dance. We also saw a Monk Seal and whales breaching.

A great time was had by all!



The view from the hotel



Pearl Harbor - Arizona Memorial



The group enjoying the Hawaiian Luau



## Fun and Fellowship at Filoli

The day was perfect – warm but not hot, lovely blue skies, the house and gardens spectacular. There was lots of fun and fellowship for the Y Alumni excursion to Filoli, the beautiful estate situated in the foothills of the Coastal Range in Woodside. Sixteen of us enjoyed the day which ended with a scrumptious lunch at Julie Wesolek's home in San Carlos.

Filoli was built between 1915 and 1917 for William Bowers Bourn, owner of one of California's richest gold mines (which we toured last fall in Grass Valley) and President of Spring Valley Water Company, which supplied San Francisco's water, and his wife, Agnes Moody Bourn. They wanted a country estate nearer to their home in San Francisco. Filoli served as one of the Bourns' residences from 1917 to 1936. The name of the estate is an acronym formed by combining the first two letters from the key words of William Bourn's credo: «**F**ight for a just cause; **L**ove your fellow man; **L**ive a good life.

Bourn's Spring Valley Water Company owned Crystal Springs Reservoir and the surrounding area. Bourn called the Crystal Springs Reservoirs «Spring Valley Lakes» for his company. The original Spring Valley was between Mason and Taylor Streets, and Washington and Broadway Streets in San Francisco, where the water company started. When the company went south down the Peninsula for more water, the Spring Valley name was carried south too.

Following the deaths of William and Agnes Bourn in 1936, the estate was sold the following year to Mr. William P. Roth and Mrs. Lurline Matson Roth, heiress to the Matson Navigation Company fortune. The Roth family built Filoli's botanic collections of camellias, rhododendrons and azaleas, notably in the Woodland Garden, and added the serene swimming pool and the screened-in teahouse.

In 1975, Mrs. Roth donated the estate in its entirety to the National Trust for Historic Preservation, with an endowment that helps support annual operating expenses. The estate operates as Filoli Center, a private, non-profit organization with

its own Board of Governors, staff, and volunteers. It is lovingly maintained and improved.

There were plenty of benches throughout the gardens for resting and chatting we took advantage of a spacious cafe for coffee and snacks. Truly a great experience!







**Pictured on Left -L to R: Geoff Harvey, Steve Dale, Bud Doane, Fred Stickney, Jan Dale, Barb Cardenas, Julie Wesolek, Chris Logan, Pam Von Wiegand, Bob Smeenk, Bud Sheble. Seated: Marcy Doane, Kathy Catanho, Sally Stickney, Pam Sheble.**



**In 2023 President Biden met with President Xi Jinping in the ballroom. Bud Sheble was set for a twirl on the highly polished floor.**



**Julie Wesolek, Barb Cardenas and Pam Von Wiegand enjoying the gardens and sunshine**



**Chris Logan, Kathy Catanho, Marcy and Bud Doane and Bud Sheble took advantage of the Coffee Shop.**





**Congratulations and best wishes to these couples:**

<b>71 Years</b>	
Arnie & Jody Leonard	Sept 22
<b>66 Years</b>	
Dave & Joyce Mercer	Aug 23
<b>63 Years</b>	
Ralph & Barbara Drake	June 10
Fred & Sally Stickney	Sept 24
<b>62 Years</b>	
Jerry & Pat James	June 1
Jim & Mary Lipscomb	June 23
<b>61 Years</b>	
Hank & Jo Bagelman	June 9
Robin & Ann McDonald	Aug 2
Bud & Pam Sheble	Aug 31
<b>60 Years</b>	
Richard & Susan Hill	June 20
<b>58 Years</b>	
Bruce & Susan Ahlquist	June 18
<b>57 Years</b>	
Lanny & Jackie Couvillon	Sept 7
<b>55 Years</b>	
Jan & Steve Dale	June 13
Pam Von Wiegand & Robert Holmgren	June 19
Larry & Erlene Benevento	Sept 20
<b>54 Years</b>	
Don & Sally Huebner	Aug 8
<b>51 Years</b>	
Dave & Mary Alice Thornton	Sept 17
<b>44 Years</b>	
Sharon & Vearl Gish	July 14
<b>43 Years</b>	
Mike & Jan Murphy	June 20
<b>36 Years</b>	
Eli & Barb Cardenas	Aug 8
Greg & Chris O'Brien	Aug 22
<b>28 Years</b>	
Andy & Kelly Vamis	July 6
<b>24 Years</b>	
Liz & Joe Gallegos-Glynn	July 7
Jim Daughn & Joan Dove	Sept 30
<b>21 Years</b>	
Terri Texeira & Sherry Wright	Sept 1



**Please let us know your birthday so we may light a candle for you.**

Lanny Couvillon	June 5
Judy Pike	June 8
Kathy Riggins	June 12
Karen Nutter	June 12
Stephen Waterman	June 14
Laura Weeks	June 13
Sherry Wright	June 14
Jacob Garcia-Zachariah	June 15
Terry Horak	June 18
Jackie Couvillon	June 18
Pam Von Wiegand	June 19
Dale Greenlee	June 27
Russ Kamp	June 27
Barbara Balerud	July 1
Larry Benevento	July 4
Sherry Hubartt	July 7
Marcia Homer	July 12
Bud Doane	July 16
Pat James	July 16
Ellie Carpenter	July 27
Sharon Gish	Aug 7
Joyce Starr	Aug 10
Connie Pemberton	Aug 11
Jan Gaeden	Aug 12
Dave Mercer	Aug 14
Sally Stickney	Aug 15
Erlene Benevento	Aug 18
Ann McDonald	Aug 19
Andy Vamis	Aug 20
John Youngberg	Aug 20
Don Anderson	Aug 21
Mary DuBois	Aug 21
Bill Hubartt	Aug 22
Bea Halk	Aug 22
Ginny Sprague	Aug 26
Hank Bagelmann	Aug 28
Joanne Newton	Sept 2
Karleen Monroe	Sept 3
Jody Leonard	Sept 5
Robin McDonald	Sept 17
Pearl Carpenter	Sept 25
Marshall Pike	Sept 29



*We would really like to acknowledge all wedding anniversary dates and birthdays, so why don't you give us yours. Please Email the information to Pam Sheble at [pamsheble@com-cast.net](mailto:pamsheble@com-cast.net) or mail to 2730 Sequoia Way, Belmont, CA 94002.*





## Treasurer's Report

By Pam Sheble  
Interim Treasurer



The following is the report as of May 31, 2024.

**Beginning Balance (Jan 31, 2024)**  
**\$11,467.98**

### Income (Jan 31, 2024 - May 31, 2024)

Member Donations	\$345.00
Events	\$337.00

**Total Income \$682.00**

### Expense

Newsletter	-\$415.89
Filoli Expenses	-\$747.20
Board Meeting Room Use	-\$100.00
Board Meeting Lunch	-276.17

**Total Expenses -\$1539.26**

**May 31, 2024**  
**Ending Balance - \$10,610.72**

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If you have not renewed your membership for 2024, payments may be made either online at

<https://www.ymcaalumni.org> or mailed to:

### YMCA Alumni

Attn: Cindy Koenig, Asst. Treasurer

P.O. Box 725

West Chester, OH 45071

Be sure to reference the **McCoy Chapter**.

Thanks!

Respectfully submitted,

*Pam*

**Interim Treasurer**

## NATIONAL SERVICE PROJECT

*\*6 Tiny Homes\* 9\**

May 2024 Update



The National Y Alumni is supporting the YMCA of the Seven Council Fires on the Cheyenne River Reservation in South Dakota. We are entering our 3rd year of construction work and by the end of September over 270 volunteers will have participated in 18 week-long waves of service. We have raised almost \$1 million and the best is yet to come. We will take signups for 2025 in the fall.

**And Then, There Were Three** The volunteers in Waves 1 and 2 accomplished a lot! We raised the walls of tiny home # 3, installed the roof beam, placed the roof panels, installed windows, build the front deck and porch roof, installed the plywood sub-flooring inside, and wrapped the home in a protective Tyvek coating. We also installed the plywood sub-floor, final vinyl flooring, and temporary protective floor covering in tiny homes 1 and 2. With a number of skilled workers on the team, our job was fairly easy, engaging and FUN. We also did a lot of lifting, painting, cleaning, sweeping, raking, caulking, drilling, hammering, and stacking.

*Lee*

Lee Muckey

McCoy Chapter

NSP Representative



## We Remember...

### Jean Crichton

1921-2024



Jean on her 100th birthday



Jean with her beloved orchids

After a creative and energetic life, Jean Crichton passed away quietly the morning of April 27, 2024, at her home in Kenwood, California, just five weeks shy of her 103<sup>rd</sup> birthday.

A Y-Wives member for over eighty years, she met the love of her life, YMCA Secretary Leland Crichton, while both worked at the West Berkeley YMCA. Married during WWII, they later built their first home in Mill Valley, California. Lee worked at the Central Branch of the YMCA in San Francisco while Jean devoted much time and cooking to Y-Wives Luncheons, the annual Christmas parties, and the get togethers for the Central YMCA staff at YMCA Camp Jones Gulch.

Jean was predeceased by her five siblings, her husband Lee of 67 years, and her loving daughter Lori. She leaves her devoted son Fredrick and numerous nephews and nieces. Donations in her memory can be made to the Chinatown YMCA of San Francisco.

*submitted by: Fred Crichton*

**(Fred's address is: 2201 Schultz Road, Kenwood, CA 95452)**

**(Chinatown YMCA, 855 Sacramento Street, San Francisco, CA 94108)**