

Spring Issue

March 2025
Volume 41, Issue 1

McCoy Chapter 97th Anniversary

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Holiday Gathering

On December 11th, Harry's Hofbrau in Redwood City was the site of this years' Christmas luncheon. Harry's is known for its' excellent carvery, and the Old World atmosphere enhanced the holiday mood.

About 20 people joined in the fun, some who drove for a couple of hours to get there. The group above shows most of the gang, with **Andy Vamis** front and center, obviously winning the "Ugly Christmas Sweater contest." On the left are **Fred Stickney** and **Marcy Doane** and **Lex Fletcher** and **Bud Sheble**. Bud hired Lex to run Rogue River rapid trips back in the 1970s. Lex went on to be an Emmy winning cinematographer.



Coming Events

Steinbeck Museum Tour

Salinas, April 2

Shakespeare Festival

Ashland, Oregon April 29 - May 2, 2025

Summer fun in Northwest

Spokane, WA and Coeur d'Alene, ID June 17-19





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.

Holiday Party (continued)

Bud Doane organized the icebreaker which involved guessing Christmas terms. This worked okay fine for most except some of us were not clear on the rules. Lots of laughs!

President Chris Logan led the group and Andy Vamis was on hand to make a pitch for the Emergency Assistance Fund. Andy is a good salesman - he had everyone reaching for their wallets.

It is anticipated that next years' holiday party will take place somewhere in the East Bay. Hope to see you there.

McCoy Chapter Board

as of March 2025

President	Chris Logan christine.logan@gmail.com
Vice President	Bud Doane Budoane@yahoo.com
Secretary	Jan Dale hikerjd@gmail.com
Treasurer & Archivist	Pam Sheble pamsheble@comcast.net
Immediate Past President	Fred Stickney fredstick10@gmail.com
Membership	Vacant
Newsletter Editor	Pam Sheble pamsheble@comcast.net
EAF Chair	Andy Vamis famisvamis@gmail.com
National Service Project Chair	Lee Muckey lee@muckeys.com
International Chair	Tracy Muckey tracy@muckeys.com
McCoy Award/ YPN Liaison	Barbara Cardenas cardenasx3@aol.com
	Julie Wesolek jwesolek4@gmail.com
	Sue Steph suesteph04@gmail.com
Shakespeare Festival	Sally Stickney annstick42@gmail.com
Members at Large	Greg O'Brien gwob1@hotmail.com
	Kathy Catanho kcatanho@pacbell.net



**Chris Logan taking care
of business during lunch**



**Jack Wylie and Jan Dale enjoying
the get together.**

**Below: Cathy Saliba, Sue Fletcher,
and Pam Sheble enjoy the ambience**





— By
Chris Logan
Chapter President



Comments from Chris

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MARK YOUR CALENDAR!

I hope you can join us for one or more of our activities coming up:

- Tour of the Steinbeck Museum in Salinas on April 2
- Oregon Shakespeare Festival April 29 - May 2 in Medford
- Summer Fun in Inland Northwest 2025, Spokane WA and Coeur d'Alene, ID June 17-19
- Hawaii Big Island February 23 -26, 2026

Chris

Chapter President

The McCoy Board came together for a Retreat February 12 at the Palo Alto YMCA. We welcomed Sue Steph who has joined the Board and will be working with McCoy Award Committee. Sue recently retired from the San Francisco Y. Also, thanks to Jan Dale for agreeing to serve as Secretary.

Thanks to Julie Wesolek for her leadership in facilitating our discussion to review our 2024 Goals and Plan for 2025! Here are a few of our discussion questions:

- Is there a role for McCoy to be active in reviving or supporting Y's in our area? YPN, Training Support, or Mentoring?
- How can we attract more members through programs?
- How do we reframe the McCoy Award to match current Y staff's jobs?
- What should our goals for 2025 be?
- How should we allocate our funds?

This year, future Board Meetings will be held on Zoom, April 9, July 9, and October 8, from 10:00 - Noon

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:

<https://www.ymcaalumnitravelclub.org>

YMCA Retirement Fund Website:

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

Online readers click below:

[McCoy Chapter Alumni FaceBook Page](#)

Printed copy readers go to:
www.facebook.com and search for
McCoy Chapter Alumni.



A New Offering – McCoy Partners!

Over the years, we have received requests from former Y staff and volunteers (who did not retire from the YMCA), to participate in some of our programs. This is now available through our new McCoy Partners group. As you know we have no yearly membership fee.

Anyone with previous YMCA paid or volunteer experience is invited to join and enjoy:

- **Our quarterly McCoy Newsletter**
- **YMCA camaraderie**
- **Participate in service events**
- **Attend special McCoy programs and events throughout the year**

Do you know someone who was (or is) a:

- ▷ **Y Board or committee member**
- ▷ **Camp counselor or staff**
- ▷ **Youth & Government advisor or staff**
- ▷ **Fitness instructor**
- ▷ **Program leader?**



Invite them to join McCoy Partners! For Membership information, please contact:

Kathy Catanho at kcatanho@pacbell.net or via cell phone at 510-827-0827

SAVE THE DATE:

2026 McCoy and Allen-Stone Hawaiian Adventure

February 16-20, 2026

Waikoloa Ocean Club, Big Island, Hawaii

Details to come soon!

Questions?

Call/text/email Lee or Tracy Muckey

Lee: 804-370-4796 / lee@muckeys.com

Tracy: 804-389-8488 / tracy@muckeys.com



"Reunion at Sea"

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The National YMCA Alumni hosted a "Reunion-At-Sea" seven-night cruise from January 26-February 2, 2025, on the Royal Caribbean "Harmony of the Seas". It set sail from Galveston, TX with port stops in Honduras, Costa Maya, and Cozumel, Mexico. There were 125 registered Y alumni who took advantage of getting out of the cold weather and enjoying time with former co-workers and friends.

McCoy Board member, Barbara Cardenas, represented the McCoy Chapter during the two-year planning process (planning began May 2023); Barbara was responsible for monitoring the budget and creating/analyzing a post-cruise survey. Meeting monthly by Zoom, the YAlumni Reunion Committee planned a tour of the Johnson Space Center in Houston, TX as well as a variety of programs, seminars, and opportunities for Y alumni and friends to connect while on the cruise.

Survey results indicate the event was a success. However, the size of the ship (there were 6,000 other passengers!) was a common complaint. Of course, the most highly rated part of the cruise was the time spent reconnecting with others.

Submitted by: Barbara Cardenas



**Coming Soon to this space –
YMCA Spotlight!**



Look for interesting articles here, beginning with our next issue, highlighting "What's Happening" at a YMCA in our McCoy service area.

We don't like to refer to it
as gossiping..
We simply consider it
"sharing our opinions about
other people's life choices"..



**If you are receiving this
newsletter via email but would
prefer a printed version, just let us
know. Send request to:**

**pamsheble@comcast.net or call her at
650-515-8895.**

Member News

Terry Horak (Fresno, CA) - Clayton the Therapy Dog and I have been busy visiting schools and other events. Clayton is a five year old cream golden retriever. He and I are a certified Therapy Dog Team. Clayton is the CUSD Clovis East Area Therapy Dog. The students and staff just love him and he is so good at making people feel better, and in some cases providing comfort.



Ever popular "Calvin" visiting school children in the Fresno area.

Joann Newton (Dayton, NV) has checked in. "I am settled in my new home in Dayton, Nevada with my daughter **Karen** and her family. We even had snow last week, which didn't last long. I have been here since November of 2024.



My granddaughter **Kimmy**, almost 25, has Phelan-McDermid Syndrome. She attended her first "Night To Shine"

event at Lake Tahoe this month, sponsored by the Tim Tebow Foundation. This is an international event celebrated in all 50 states and 62 countries this year for special needs adults. Phelan-McDermid syndrome (22q13.3 deletion syndrome) is a rare genetic disorder that can cause medical, intellectual and behavioral concerns. Symptoms often appear early in life and range from mild to severe. They include muscle weakness, seizures, speech and developmental delays, autism spectrum disorder and certain physical features. I enjoy receiving The Real McCoy newsletter and Bill so loved reading it every month before he passed last year. I can't believe it's been almost a year without him."

Karen Nutter (McKinleyville, CA) "About 42 years ago, **Jo Bagelmann** taught me that a heart attack never presents itself where or how you expect it. On July 8, 2024 I got to experience what she'd taught me. As I walked from one room into another I became extremely light headed. I raced for a chair. Then a sharp pain shot under my right armpit & began to move around my side, coming to a stop just under my right shoulder blade. It rested there intensely for about 10 minutes, as I broke into a soaking wet sweat. While all of this was going on I kept thinking "what would Jo do?, she'd tell me to go to the hospital." I called my daughter, **Lynette**, & told her what was happening. We left for the hospital. The electrocardiogram showed a blood flow that was unusual so the two cardiac surgeons who talked with me about my options. They were not sure what would be found when they went into the heart. Their choices for me were from 3 or 4 stints to grim. From the onset, I had shifted

into being curious. My result was needing one stint, taking 8 medications, one of which was an absolute must & ended up costing \$1,300.00 each refill, eliminating added salt, no sugar except fruit, and drinking 2 liters (8 1/3 cups) of water a day. I have succeeded in everything except that much water. My Doctor laughed When she heard the amount.



I thought I felt fantastic before the experience. I have a whole new level way above that fantastic; more energy, a clearer mind & a renewed appreciation of family & friends that were there immediately to help & remain supportive. My creativity has increased & I have lost 30+ lbs, & continuing. I realized that changing how I eat now to feed my heart made giving up sugar easy. I hope reporting this is helpful for you, or someone you know that needs to know this information. I thanked Jo immediately.

Bob Smeenk (Aptos, CA) "As a member of the Santa Cruz CASA Foster Care Support Auxiliary I had the chance to volunteer to help handout "Diapers", to needy families.

CASA is assisting a local family support organization. There are 4 packages of diapers and two packages of wipes available per child, per month. (I'd of sent my two back if it cost this much when we were having kids). We go through over 100 cases in just over 2 hours. They walk for blocks with strollers and toddlers in tow, to receive these diapers.

After we close, I'm hot and sweaty, sore and tired, but feeling great. Had a GREAT DAY."

Kathy Catanho/Dave Eakin (Castro Valley, CA) This is our newly completed Pickleball Court at our Vacation/Airbnb home in Southeast (Pearce) Arizona. I am truly hoping that the adage, "If you build it, they will come" holds true for our Airbnb



visitation! Lots to do here: Hiking in the Chiricahua Mountains; Visit the Historic Cochise Stronghold, enjoy the Tombstone reenactment of the shootout at the OK Corral; Also there is Wine tasting at the many



nearby wineries. Or just relax and enjoy the gorgeous sunsets! <https://www.airbnb.com/hosting/listings/editor/1073970611726556395/details/photo-tour>

Pam and Bud Sheble (Belmont, CA) "In the beginning of February we travelled south to spend a long weekend in Laguna Beach with Y friends, including **Kathy Catanho and Dave Eakin**. Also joining the fun weekend were **Ron and Helen Perry** (West Vy/LA Y and Camp Bluff Lake) and Cathy Saliba (Culver Palms/LA and East Vy/LA Y).

Bud and I made the trip to attend the Celebration of Life for long time friend **Jim Looney**, who died after a long battle with Supra Nuclear Palsy at age 80. The celebration was held at the beautiful Pacific Club in Newport Beach and was attended by over 100 friends and colleagues. Some of you might remember Jim who started his Y career at Marin YMCA before moving to Southern California to join the LA Y. Later he went into private non profit fundraising. Bud and I had known Jim for over 40 years and valued his friendship and support. **Claudia**, his wife of nearly 58 years and son **Chris** put on a wonderful event and they both continue Jim's work in non-profit fundraising based in the Orange County area."



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

McCoy Awards

Over thirty years ago the McCoy Chapter of YMCA Retirees started giving out an award each year to a Program Staff Member in our chapter's service area who had demonstrated leadership and innovation. Last year the Board voted to make two awards; the original one for Program Innovation and one specifically designated for a new Outstanding Program Director

In the next month or so, Sue Steph, Julie Wesolek, and Barbara Cardenas will begin creating their plan to get the word out about our two Annual McCoy Awards for Program Innovation (\$1,000 award!) and Outstanding New Program Director (\$500 award!) to our 8 McCoy member Associations (Central Coast YMCA, YMCA of the East Bay, YMCA of San Francisco, YMCA of San Joaquin County, Shasta Family YMCA, YMCA of Silicon Valley, Sonoma County Family YMCA, YMCA of Superior California). Nominations will most likely open in June with submission deadlines in September. We hope our outreach efforts will generate more interest and more nominees this year. We want to encourage our McCoy Chapter members to encourage staff at their local Ys to start thinking now about who their Y stars are and encourage their supervisors to nominate them.

2024 McCoy Award Recipient **Maureen Nansted**

Buchanan Street YMCA, San Francisco

Maureen leads the Service Connector Program and Diaper Distribution Program. She is detail oriented, and able to manage different funders and grants. She is a leader in budget management and a true example of stretching the penny. Her success so far in this calendar year include:

- **Launch of Diaper Bank Program, which now serves 200 participants monthly.**
- **Launch of Islais Place Program – her team has successfully relocated and supported 26 low-income families from Potrero Hill to Islais Place Bridge Housing.**
- **Increasing the usage of ECM which has allowed Urban to track the scope of work SC program is providing - 1475 services delivered throughout 2024.**

Maureen has been with the YMCA for over 10 years. She is skilled in building up teams and creating relationships with community partners. She manages all of this as well as her own caseload.



Board Member Julie Wesolek, Program Director Maureen Nansted and Sandy Singh, Associate Executive Director of Urban Services YMCA/YMCA Of San Francisco.

2024 McCoy Award Recipient

Oliver Woody

Northwest YMCA, Silicon Valley

Oliver returned to the YMCA as the Aquatics Director in August 2023. The Northwest aquatics program was in a big transition period at the time. Our former director had recently left, and our aquatics coordinator had been out on leave for almost an entire year.

Oliver stepped into a swim lesson program that had previously been the top producing revenue program in the Association. However, before Oliver arrived, we lost 3/4 of our staff due to school and other reasons. When Oliver started, he had to rebuild the program essentially from scratch and do his best to maintain budgeted goals that were given to him.

Oliver quickly assembled an aquatics leadership team and went to work. Through his hard work and dedication, he was able to rebuild and maintain the largest swim lesson program in the Association, serving over 800+ program participants each session.

I recommend Oliver Woody for the McCoy Chapter, Rookie of Year award because he had to adapt quickly to managing a large aquatics department. Oliver's dedication and passion for aquatics is second to none. He understands the importance of water safety and leads one of the largest staff teams in the Association.

Nominated by: *Matthew Montelong*



Barbara Cardenas and Julie Wesolek with Oliver Woody and Matthew Montelong, Executive Director of the Northwest YMCA/Silicon Valley

NATIONAL SERVICE PROJECT

**6 Tiny Homes*^{9*}*

Nearing Completion

Work continues on the four Tiny Homes in Dupree, South Dakota, which is stage 1 of the National Service Project supporting the YMCA of the Seven Council Fires on the Lakota Reservation. There are four "Waves" (week-long work parties) scheduled for 2025:

#1 – May 6-13

#2 – May 13-20

#3 – September 9-16

#4 – September 16-23 (this wave is sold out)

The Ribbon Cutting ceremony marking the completion of the tiny homes and transfer to the YMCA for transitional housing on the reservation will take place the weekend of September 19-21. More information and an invitation to attend or watch the ceremony online will come in the next 3-5 weeks.



Stage 2 of the National Service Project will begin in 2026. This stage will build a year-round "twig" (a small branch) in one of the cities on the reservation. Originally Y-Alumni had agreed to build two seasonal "twigs" for the YMCA. Winters are especially cold in South Dakota, and these would have been structures built around shipping containers outfitted with furniture and equipment. The single twig will be a much sturdier structure that can be used all year.

For more information please go to:

<https://national-service-project.constantcontactsites.com/project>

Submitted by:

Lee

Lee Muckey, NSP Representative

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Emergency Assistance Fund

By Andy Vamis

EAF Representative

Following the devastating effects to our southeastern states during hurricanes Helene and Milton, the YMCA's Emergency Assistance Fund sent out urgent appeal for donations. So many YMCA families suffered damage to their homes and possessions. EAF accepts grant requests from both YMCA staff and Y Retirees.

The McCoy chapter wanted to help and contacted everyone on our email list requesting donations. The board was extremely generous and over a short period of time over \$6,200 was raised.

The need continues. If you would like to donate to the Emergency Assistance Fund you can do so online at ymcaeaf.org and click the donate button. Be sure to reference McCoy Chapter with your gift - we will get credit for the donation.

If you prefer to send a check. Please make it payable to EAF and send to:

EAF

c/o YMCA of USA

101 North Wacker Drive, 16th Floor

Chicago, IL 60606

I am continually moved by the support of our YMCA family in the effort.

Andy

Andy Vamis, EAF Representative



Treasurer's Report

By Pam Sheble
Treasurer



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The following is the report as of Feb 28, 2025

Beginning Balance (September 1, 2024)
\$9744.75

Income (Sept 1, 2024 - Feb 28, 2025)

Chapter Donations	
Anderson	\$75.00
Logan	\$500.00
Pipkin Foundation donation	\$4,500.00
Member Donations from YUSA	\$2,015.00
Donations for EAF	
Catanho	\$1,000.00
Logan	\$1,000.00
Doane	\$300.00
Events	
Russian River	\$1,400.00
Shakespeare Festival	\$4840.00

Total Income \$15,630.00

Expense

Newsletters	-\$804.56
Russian River Expenses	-\$1,509.66
Catanho -Membership Printing	-\$206.88
Sheble - YUSA Overnight postage	-\$55.95
Bud Doane - Zoom Subscription	-\$159.90
Board Meeting Expenses	-\$276.17
2 Donations to International Service	-\$400.00
Donation to Nat'l Service Project	-\$500.00
McCoy Awards	-\$1,500.00
Shakespeare Festival Deposit	-\$600.00
EAF Donations to YUSA	-\$2300.00
Total Expenses	-\$8,313.12

February 28, 2025
Ending Balance - \$17,061.63

"If you have not renewed your National Membership for 2025, payments may be made either online at <https://ymcaalumni.org> or mailed to

YMCA Alumni

Attn: Cindy Koenig, Asst. Treasurer
PO Box 725,
West Chester, OH 45071.

Be sure to reference the McCoy Chapter!

At McCoy we consider all of our alumni retirees to be members. We don't charge dues. We do accept donations however, to support our local programs and services. Donations to McCoy, or to the National Alumni can be made online, above.

To make a direct donation to McCoy (if you are not renewing a National Membership), please make your check out as follows:

McCoy Y Alumni

c/o Pam Sheble
2730 Sequoia Way
Belmont, CA 94002.

Respectfully submitted,

Pam

Treasurer

MONEY MIRTH

- Why don't cows have any money?
Because the farmers milk them dry.
- Why wasn't the dead woman living well?
Because she was dead broke.
- How much money would you be left if you won \$5 million dollars on the lottery and decided to donate a quarter to charity?
\$4,999,999.75.
- Where did the frog put his money?
It's in the river bank.
- If money started growing on trees, what season would become everyone's favorite?
Fall.



Congratulations and best wishes to these couples:

64 Years

Ralph P& Barbara Drake June 10

63 Years

Jerry and Pat James June 1

Jim & Mary Linscomb June 23

62 Years

Don & Susan Anderson May 11

Hank & Jo Bagelmann June 9

61 Years

Richard & Susan Hill June 20

55 Years

Bruce & Susan Ahlquist June 18

56 Years

Neil and Marcia Homer May 4

Jan & Steve Dale June 13

Pam Von Wiegand & Steve Holmgren June 19

48 Years

Marshall & Judy Pike May 7

45 Years

Maynard & Jane Bostwick June 21

44 Years

Mike & Jan Murphy June 20

36 Years

Lee & Tracy Muckey April 21

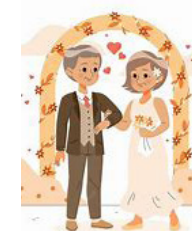
19 Years

Chuck Osborn & Jan Gaeden April 29



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

Peter Chong	Apr 4
Susan Anderson	Apr 8
John Fesler	Apr 9
Susan Ahlquist	Apr 14
Rev. Matthew Fong	Apr 17
Marcy Doane	Apr 22
Jan Fesler	Apr 23
Patt Mayer	Apr 27
Susan Hill	Apr 29
Elizabeth Isa	May 1
Bud Sheble	May 5
Michele La Gamma	May 6
Mary Alice Thorton	May 7
James Fink	May 9
Catherine Moulton	May 13
Steve Dale	May 23
Fred Stickney	May 25
Richard Pemberton	May 25
Richard Hill	May 26
Barbara Drake	May 27
Lanny Couvillon	June 5
Judy Pike	June 8
Karen Nutter	June 12
Kathy Riggins	June 12
Sherry Wright	June 14
Jacob Zachariah	June 15
Terry Horak	June 18
Jackie Couvillon	June 18
Pam Von Wiegand	June 19
Dale Greenlee	June 27
Russ Kamp	June 27



We would really like to acknowledge all wedding anniversary dates and birthdays, so please give us yours. Email the information to Pam Sheble at pamsheble@comcast.net or mail to 2730 Sequoia Way, Belmont, CA 94002.