

Summer Issue

June 2025
Volume 41, Issue 2

McCoy Chapter 97th Anniversary

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Oregon Shakespeare Festival



Susie Fletcher, Erlene Benevento, Joyce Mercer, Dave Mercer, Dori Aitken, Annie Casey, Greg O'Brien, Susan Andrews, Lee Muckey, Bud Doane, Marcy Doane, Gary Huff, Jim Leigh, Kathy Catanho, Fred Stickney, Pam Sheble, Dave Eakin, Caroline Brooks, Sally Stickney, Jan Leigh, Mike Robinson, Kathy Howard, Tracy Muckey, John Howard, Sharon Robinson.

After a whopping 28 signups, the final count for the Shakespeare Festival were 25, three dropping out at the last minute because of illness. 15 of the group were from the McCoy Chapter. Sponsored jointly by the McCoy and Allen Stone Chapters, we had folk from Washington, Oregon, and California. One lovely relative flew in from Washington DC to attend.

Unfortunately, Sally Stickney, who was "in charge", fell a few days before and broke her wrist. Bud and Marcy Doane came to the rescue and volunteered to drive Fred and Sally which worked out perfectly for the Stickneys. Special thanks to Lee and Tracy Muckey for

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Coming Events

Holiday Party

Location TBD - December 2025

Hawaii Big Island Adventure

Hawaii February 16 - 20, 2026





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

Y Alumni Mission Statement

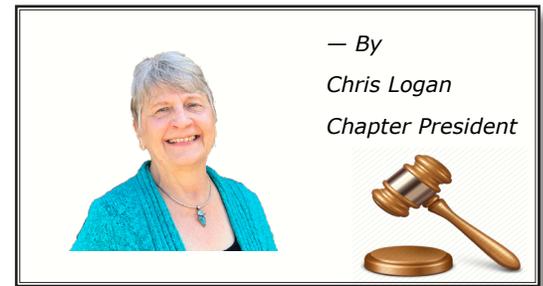
The mission of the YMCA Alumni Association is to enable members to promote a nurturing worldwide Christian fellowship that provides educational, social service and charitable opportunities.

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

It is published four times a year: Spring, Summer, Fall 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.

If you are receiving this via email and would prefer a printed copy, please let me know. Contact me at pamsheble@comcast.net. If you have a spouse or friend that you would like to add to the email distribution list, you can email me or send me a text at 650-515-8895. Thanks.
Pam Sheble, Editor



— By
Chris Logan
Chapter President

Comments from Chris

Thanks to **Sally Stickney** for her leadership as the Shakespeare Festival Coordinator this spring. Also, I want to thank **Bud Doane** and **Jack Wylie** for arranging a guided tour of the Steinbeck Museum in Salinas as well as a wonderful lunch at the Steinbeck Home in April.

Future Board Meetings will be Zoom Meetings held on July 9 and October 8 from 10:00 - Noon.

The Nominating Committee is looking for members who are interested in serving on the Board or on the Program Committee next year. Contact Bud Doane for Information about openings.

Have a wonderful summer!

MARK YOUR CALENDAR!

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

Holiday Party in December

Hawaii Big Island February 23 -26, 2026

Chris

Every day
is a new beginning.
Take a deep breath,
smile and start
again.

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

Shakespeare Festival (continued from page 1)

helping to sort out the correct tickets for each person for the three performances the group would see. The California contingent got spectacular views, an especially a clear view of Mount Shasta and an almost full Lake Shasta on the way to Ashland. Kathy Catanho invited some old Camp Loma Mar staff from the



60s and 70s. Annie Casey from Enumclaw, WA brought along

her 96 year old mom and her sister from Washinton DC. We all arrived in time for Happy Hour at the Holiday Inn Express and enjoyed socializing and partaking in some excellent libations and snacks.

Our local hosts, **Kathy and John Howard**, arrived with some really tasty pasta and salad which we ate while listening to **Gary Taylor**, Associate Executive Director of the Rogue Valley Family YMCA (aka Director of Fun!). We really enjoyed the presentation.



Lee Muckey, Pam Sheble, Tracy Muckey, Dave Mercer, and Greg O'Brien having a good chat. (Dave was having fun despite his dismayed look)



On left Jan Leigh and Gary Huff and below Mike Robinson and Caroline Brooks from the Allen Stone Chapter



Joyce Mercer and Sally Stickney at the "Meet and Greet"
(Below) Bud Doane, Annie Casey and Kathy Catanho



The next day was filled with shopping, hiking, eating, and an afternoon performance of "As you Like It". The costuming and sets were excellent, like the summer of love in San Francisco in the 60s. The theater was very nice and everyone had a really good view of the play.

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Shakespeare (cont.)



The Muckeys, Gary Huff and Greg O'Brien hiking the Ordsen Tood Trail which is a shaded creekside trail just a 10-minute drive from Ashland.



On the left: Susan Andrews, Susie Fletcher, Dore Aitken., Pam Sheble, Kathy Catanho, Dave Eakin, Erlene Benevento and Annie Casey enjoying the wine tasting before dinner



Kathy Catanho, Annie Casey, Erlene Benevento, and Susie Fletcher (she took the photo) undertook a 3-mile jaunt in Lithia Park right in the downtown area.

On the second evening we drove to the Dana Campbell vineyards where we enjoyed wine tasting and an excellent buffet dinner.



Our host Pat Flaherty talks about the wine business as Sally and Fred Stickney and friends look on,



Greg O'Brien, Marcy and Bud Doane listen to the highs and lows of owning a vineyard.

Dore Aitken and Pam Sheble enjoy the spectacular view from the winery's back patio with Mount Ashland in the background..



The final day included 2 performances - August Wilson's "Jitney" and Oscar Wilde's "The Importance of Being Earnest". Both were good but I think the group's favorite was "As you Like it."

Apart from the convivial company, one of the best things about the event was the lovely weather which showed off the wonderful Rogue River Valley to all of its beauty.

The Y is in their blood

Dore Aitken and her daughter **Annie Casey** joined the McCoy group in Ashland for the Oregon Shakespeare Festival in May. Dore is 97 years young and started her YMCA journey six decades ago. She and her husband **Wes** decided to join a scuba diving class taught by **Roger Martin** at the East Oakland YMCA in 1957. They even had to make their own scuba suits and weights in their garage! They loved the mission of the Y so decided to become volunteer leaders for many YMCA programs. Dore and Wes joined **Phil Ockerman** leading hiking trips in the Sierras and loading groups of teenagers and their gear in the back of a truck and driving to LA for trips to Catalina. They also were leaders on several of the first



Mexico Caravans with **Stan DuBose**, driving their own station wagon loaded with teens to Guaymas, Mexico to sleep on the beach, enjoy the culture and unfortunately find a Gila monster in a sleeping bag. Dore would eventually serve on the Oakland YMCA Board and support the work of the Y for many years. Dore continues to enjoy life with a wit and smile.

Her daughter **Annie** (and sister **Susan**) also benefitted from the early Y days. They rode in the trucks and to Mexico from ages 7+ and eventually went to Camp Loma Mar in 1960. Anne became a CIT/Counselor/Lifeguard and worked at Camp every summer until 1973. That year she and her (eventual) husband were recruited to Camp Seymour of the Tacoma YMCA to be the Waterfront Directors and they worked there for four summers. Annie and her husband stayed in Washington and she eventually served as President of the Camp Board and member of the Metro Board for many years. Anne's dearest friends to this day are the friends made at Camp Loma Mar in the 60's who she joined on this Ashland trip.

1. What's the secret to having a smoking hot body as a senior?

Cremation.

2. What is a prize old people can win for aging?

Atrophy.

3. I used to know a couple who grew fruit trees together. They lived to a ripe old age.

4. What's the best part of old age?

That it doesn't last very long.

5. These are not gray hairs! They are wisdom highlights.

6. Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!

7. One benefit of old age is that your secrets are always safe with your friends because they can't remember them!

8. Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

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.ymcaalumnitavelclub.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.



McCoy Spotlight on Tiffany Davidson

YMCA of Superior California

Tiffany Davidson

Executive Director of Youth Development

YMCA OF SUPERIOR CALIFORNIA

1926 V St, Sacramento, CA 95818

(C) 916.281.9482



As I sit in the dining hall, I can hear the laughter of children all around. Faces red and sweaty from singing The Bullseye Song- a tradition celebrating any archer skillful enough to have shot a bullseye, there's a palpable excitement for what the rest of the day holds. I take a step outside, and I am greeted with the smell of the great outdoors. I touch my rag around my neck and am reminded why I do the work. This moment right here. The long hours and stress all melt away as I look out over camp and see smiling happy faces.

The YMCA of Superior California Bear Valley YMCA Camp has been a destination for adventure for more than 80 years. We believe that every child should have the opportunity to experience the wonders of the High Sierra in a safe and caring environment. Located near Emigrant Gap, Bear Valley provides kids with rewarding and life-changing experiences.

Children at Bear Valley Y Camp not only get to explore nature but also learn about themselves. Regardless of who you are back at home and at school, everyone at camp is "cool". Goofy and silly are welcomed and in fact encouraged.

Campers spend their days at the craft shed, doing archery, playing group games, and swimming in the water hole. Each day ends with a campfire. Campfire is not only an actual campfire but consists of songs and skits. This is my favorite time of the day. A time where campers and staff get to enjoy a moment of togetherness where we've all decided to trade cell phones for pinecones and it's sweet beyond words.

As campfire ends, campers and staff reflect on the day. They talk about the fun they had and how they feel. If a camper is of age, they might have participated in a Ragger ceremony. Being a Ragger is a badge of honor at camp. Campers wear their rags proudly showing their self-growth and take with them lessons that go beyond camp.

As I tuck myself into bed and drift off to sleep, I think about all the hard work, all the blood, sweat and tears that pay off for this. Watching the campers spend their days in the great outdoors, developing positive relationships with other campers and staff, growing their confidence and having fun is what it's all about. Tonight, camp is still and quiet; we all sleep easy, breathing in the fresh air and knowing we get to do it all again tomorrow.



(E) youthdevexec@ymcasuperiorcal.org (W) ymcasuperiorcal.org

Steinbeck Museum Visit



Bud and Marcy Doane, Bob Smeenk, Tracy Muckey, Chris Logan, Julie Wesolek, Lee Muckey, Sally and Fred Stickney (absent Jack and Caroline Wylie)

Eleven McCoy members set out to learn more about one of California's most celebrated authors, John Steinbeck. **Jack and Caroline Wylie**, who live in Salinas, helped to plan this event for our chapter. **Tracy and Lee Muckey** were able to join us from Virginia, including this event into their West Coast vacation.

We started with a truly wonderful lunch at the beautiful John Steinbeck home, surrounded by history and charm. The meal was delicious—fresh, locally sourced, and thoughtfully prepared. The friendly staff person shared stories about his life, making the experience even more memorable. It was more than just lunch—it was a step into literary history.

We then moved over to the Steinbeck Center for a tour that offered rich insights into his life and iconic works like "The Grapes of Wrath" and "Of Mice and Men". Seeing original manuscripts and personal artifacts brought his words to life in a new way. Our personal tour guide made the landscapes of Monterey and Cannery Row come to life. It was a great experience, blending literature with the real places that shaped Steinbeck's writings.



International
— By Tracy Muckey
International Chairperson



An international Opportunity in Salto Uruguay

If you enjoy traveling with a little volunteer work thrown in the ISC has a wonderful opportunity in Salto, Uruguay. If you have some aquatics background and speak a little Spanish or know someone who does, this might be of interest to you.

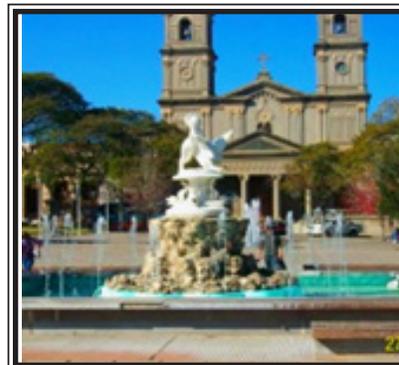
One of The Salto YMCA's largest programs is aquatics. They provide swimming lessons in the summer to large numbers of Salto residents and would love to host 1 or 2 volunteers for two to four weeks. They have recently renovated their pool and are looking forward to providing more aquatics programs to their community.

ISC will cover your flight to and from Salto along with some incidentals. The Salto YMCA will provide accommodation and some meals.

During your free time, there is a lot to see and do in Salto, which is a Colonial riverfront town and historic site. There are some hot springs close by that people enjoy.

If you choose to extend your trip, Argentina is only 20 minutes away by car. If you have time, we highly recommend Iquazu Falls – the largest network of falls in the world. Though it would be a journey to get there, it's worth it, and it could be indirectly on your way home.

If you are interested, please email Tracy Muckey at tracy@muckeys.com for more information.



City of Salto, Uruguay

Member News

Mike Covington (Mt. Shasta, CA) sent me this note. "I remember you from Youth & Government days at the Corcoran YMCA. I have been retired since 2006 and live in Mt Shasta, CA. I play a lot of Pickle ball & thoroughly enjoy life. Hope life is treating you with kindness."



Joanne Newton (Dayton, NV) "I just had a week's visit with my sister from Baton Rouge, Louisiana at a time share at The Northstar Lodge near Lake Tahoe. Beautiful area. Pictured to the left are my niece **Donna**, my sister **Peggy** and Donna's son **Kevin**."



On June 6th we will go to Willits, CA. for the weekend with my late husband Bill's family yearly reunion. It will be great to see everyone. I have settled into my new home with my daughter and her family in Dayton, Nevada. One of life changes. My best to our YMCA friends".



Darlene, Judy and Maggie enjoying the sites and colorful taxis.



Pam and Bud Sheble (Belmont, CA) "Since **Bud** was still recuperating after having a stent implanted in April, he decided to stay home and look after the cat. Instead



I brought our daughter **Brynn** along and attended my great niece **Haley's** wedding at the "Inn at Spanish Bay" in Carmel-by-the-Sea on May 17.

We stayed at the historic La Playa Hotel, just a few blocks from the downtown shops and restaurants. Our 3-day weekend allowed us to do lots of sight-seeing and we enjoyed several nice restaurants.



The black tie affair was wonderful, and we had a great time with family and friends. One of the highlights was when the sun finally broke through the overcast sky one hour before the outdoor ceremony began.

I was especially proud to be present as I was in the hospital room with my niece **Chrissy** when **Haley** was born 26 years ago."

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



2026 Y-Alumni Big Island Hawaii Adventure for members of Allen-Stone and McCoy Y-Alumni Chapters

Dates: February 16-20, 2026

Location: Waikoloa Marriott Beach Resort and Spa, Big Island of Hawaii. **Reserve directly with the hotel using this passkey:**

<https://book.passkey.com/go/YMCARetiredDirectorsRetreat>

Costs:

- **Registration Fee:** \$275 includes Welcome Dinner, Tuesday/Wednesday tours, and incidentals
- **Lodging at Waikoloa Marriott:** \$339/night for 1 king bed + \$20 resort fees and taxes. Parking fee waived.

Program:

Monday, Feb 16 - Welcome Dinner

Tuesday, Feb 17 - Tour day #1 – Pololu Valley Lookout/Black Sand Beach hike and/or enjoy shops and galleries in Hawi; visit Hamakua Mac Nut Factory.

Wednesday, Feb 18 - Tour day #2 – Volcano National Park; stops at Hilo Farmers Market, Big Island Candies and Rainbow Falls

Thursday, Feb 19 - Free/personal choice day (excursion suggestions will be provided); Farewell Dinner

Friday, Feb 20 - Hotel check-out or continue on your personal itinerary

How to Join In

Step 1: Register for Trip

- Send your registration form and check to **Jim Leigh** (Allen-Stone Chapter Treasurer). Registration checks won't be cashed until January '26

Step 2: Reserve Hotel Room

- Waikoloa Marriott passkey <https://book.passkey.com/go/YMCARetiredDirectorsRetreat>
- **Reserve by December 15.**
- Pay your hotel bill when you check out.

Step 3: Get your Flights (on your own) and Pack Your Bags!

Questions? Contact John Ciabrone (jaciabrone@gmail.com, 805-570-3586)

Hawaiian Adventure Suggestions

By Lee Muckey

"We've heard from a few members that the Hawaii Adventure is too short a time for the long flight to visit to the islands. Here are a couple of ways you could extend your trip, using the YMCA Alumni Hawaiian Adventure as a centerpiece:

- The Marriott Waikoloa Resort/Hotel (use the link in the flyer) offers our conference rate for a few days before and/or after the event. This hotel is a good jumping off point for many of the attractions on the Big Island, and our committee can give you ideas for excursions/attractions on this or other islands.
- There are many Airbnbs and/or VRBOs on all the islands. Prices tend to be better than hotel rates, even more so if you team up with another member/couple from the event.

We hope you'll join us for a great Big Island Adventure next February!

The McCoy Awards

The time to make nominations for the two McCoy Chapter awards for 2025 is nearing! **Barbara Cardenas, Sue Steph, and Julie Wesolek** have been updating the list of various contacts in the eight YMCA associations within the McCoy Chapter and are making final edits to the request for nominations. We expect to send the online nomination form by mid/end of June with a deadline of September 12. Please let us know if you've heard about a stand-out Y staff person, so we can make sure they are nominated!

Barbara Cardenas - cardenas3@aol.com

Julie Wesolek - jwesolek4@gmail.com

Sue Steph - suesteph04@gmail.com

NATIONAL SERVICE PROJECT

"Tiny Homes"

Nearing Completion

It's a Celebration Come Join Us!

Please join us for our ribbon-cutting and dedication to celebrate the completion of four tiny homes, which are ready to welcome their first families.

September 19-21, 2025, Dupree, SD.



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, three of which still need volunteers:

#1 – May 6-13

#2 – May 13-20

#3 – September 9-16

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

If you are interested in volunteering, please contact Lee Muckey at lee@muckeys.com or call him at 804-370-4796.

For information for the Ribbon Cutting Ceremony scheduled for Sept 19-21 please go to the link below:

<https://wawokiye.org/project>



Congratulations and best wishes to these couples:

72 Years

Arnie & Jody Leonard Sept 22

67 Years

Dave & Joyce Mercer Aug 3

64 Years

Fred & Sally Stickney Sept 24

62 Years

Robin & Ann McDonald Aug 2
Bud & Pam Sheble Aug 31

58 Years

Lanny & Jackie Couvillon Sept 7

56 Years

Larry & Erlene Benevento Sept 20

55 Years

Don & Sally Huebner Aug 8

52 Years

Dave & Mary Alice Thornton Sept 17

37 Years

Eli & Barb Cardenas Aug 8
Greg & Chris O'Brien Aug 22

29 Years

Andy & Kelly Vamis July 6

25 Years

Liz & Joe Gallegos-Glynn July 7
Jim Daughn & Joan Dove Sept 30

22 Years

Terri Texeira & Sherry Wright Sept 1



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

Barbara Balerud	July 4
Sherry Hubartt	July 7
Marcia Homer	July 12
Bud Doane	July 16
Pat James	July 16
Ellie Carpenter	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 wjy don't you give us yours. Please Email the information to Pam Sheble at pamsheble@com-cast.net or mail to 2730 Sequoia Way, Belmont, CA 94002.