

# Pacific Northwest

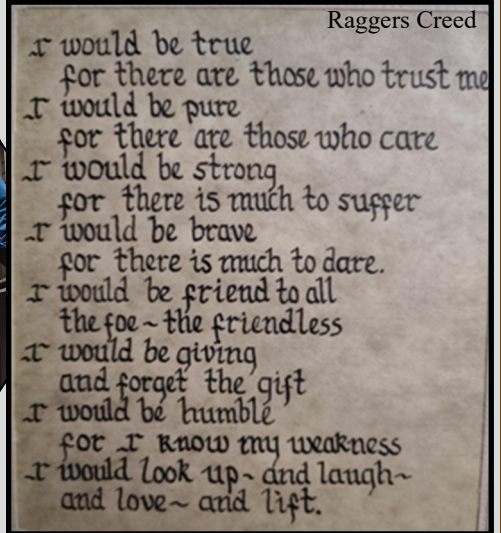
## OLD GUARD NEWS ALLEN-STONE CHAPTER

### SEABECK REVIEW

October 2024



Easy movement  
by Jan



Raggers Creed

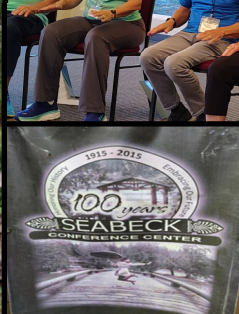
I would be true  
for there are those who trust me  
I would be pure  
for there are those who care  
I would be strong  
for there is much to suffer  
I would be brave  
for there is much to dare.  
I would be friend to all  
the foe - the friendless  
I would be giving  
and forget the gift  
I would be humble  
for I know my weakness  
I would look up - and laugh -  
and love - and lift.



Poulsbo



Dave, Tom, Jill, Mike:  
favorite place on dining  
room porch





## SEABECK SPEAKERS



**Harold Shea**, Director of Operations for the Pierce & Kitsap County Y's, gave an overview of the operations of those facilities in the past, present and the future.

He grew up in Seattle and then was Director of the Boys & Girls Club for 16 years and then headed to Arizona in 2008 as Sports Dir. of the Chandler, Y. In 2011, he became the Exec. Dir. of four Y's: including

Tempe, Mesa, and Rock Farnsworth. In 2016, Harold came back to Washington as Director of Pierce & Kitsap Y's.

His overview included how and when these Y's came into operation and where they are today in buildings and membership. Last info shared was about the future of the operations of these Y's.



**Denise Landis**, Director of the Bremerton Y told us of all her experiences with the Y beginning in 1990 as a volunteer for aquatics at Camp Semour, then to Seattle and Aquatics Director at the Highline Y; at Bremerton, Yakima, Alaska, Olympia and, finally at Bremerton where she is now the Director. The facility has undergone changes, remodeling and now, to serve those

who do not need a full operations Y, a place in the city called an "Express Y"

### WHY AN IRONMAN

Sherry Milton has participated in many physical events over the years. Some being the Seattle to Portland bike ride: Ride Around Mt. Rainier One Day, Half & then a whole marathon; climbed Mt. Adams; and hiked down and up the Grand Canyon In one day. A new challenge was in the horizon as Sherry decided to attempt an Ironman event that would require a lot of training for the events of 2.4 swim; 112 mile bike ride; 26.22 mile marathon in that order for a total of 140 miles to be finished in 16 hour:45 minutes. She was most concerned about the swim as bike rides and running were events she had participated in.



Sherry was ready when the day came and headed to Tempe, Arizona. She was concerned about the swimming segment when she saw the nasty water at Tempe Town Square they would be swimming in. Since they were allowed to wear body suits, that helped some. This is a timed event and must be finished in 16 hours:45 min. before midnight. Sherry's time was 16 hours and 23 minutes and just before the cut off time.

Next up; Training to go down the Grand Canyon to Havasupai Falls.

### IRONMAN BEGINNINGS

In 1978 in Oahu, Hawaii, it was decided to link the Waikiki rough water swim, Oahu cycling club route and the Honolulu marathon into a one day event; thus was the start of what has become known as the Ironman event.

### CHUCK KUNNING

Chuck is the director of the Seabeck Conference Center. Each year he is invited to give us the latest up date about happenings at the conference center. This past year has been a very busy year with many bookings that brought in a 2.5 million dollar Income.

There have been some exceptional financial expenses. The state removed Seabeck's status on the tax rolls and required a payment of \$300,00 back taxes. The board is working on getting reinstated as a non profit.

The septic tank system needs to be replaced. The present tanks are old and will require \$800,000 to replace.

He noted that twenty Redwood trees have been planted around the property. Some of the older big ones have done well in this environment.

Also noted is a facebook page "Friends of Seabeck Cemetery". At different times, this chapter has done some clean up of the site, group walks, etc.

### SEABECK CONFERENCE CENTER

*On beautiful Hood Canal*



*Serving those who serve others since 1915*

*A place to unplug and reconnect*

## ALLEN-STONE 2023-2024 LEADERSHIP

### **President – Jill Hallin**

jillhallin@comcast.netic

### **Vice-President—Sherry Milton**

bobandsherry606@msn.com

### **Treasurer – Jim Leigh**

jimfleigh@gmail.com

### **Past Presidents – Gary & Lony Huff**

glhuff2@olypen.com

### **Membership—Mike Robinson**

mikiee.mike@gmail.com



### **National Service Project**

- Gary Huff, National Standing Committee
- Rich Wallis, Boots on the Ground
- Cheri Brennan-Marketing Committee

### **World Service Chair – Tom Horsley**

thomaschorsley@outlook.com

### **Newsletter Editor – Jane Rosi-Pattison**

[pattisonjane1@gmail.com](mailto:pattisonjane1@gmail.com)

### **Newsletter Publisher—Sharon Robinson**

sharonrobinso@gmail.com

## *President's Message*



As our annual conference ended in mid-September, and my second year as President also concluded, I want to thank the Allen-Stone leadership and committee chairs who have helped make my time enjoyable and hopefully successful. Thanks for voting me in for another 2-year term! Let's all keep 'stepping up!'

This summer I attended a 2-day training put on by Phill Morgan of the National Board (and others) in St. Louis. I was able to put zoom names to faces, meet other chapter Presidents and I came back with ideas to increase membership. One big step was electing Sherry Milton as Vice-President. She will assist Mike Robinson with Membership duties and we hope to increase membership and have our chapter grow. Allen-Stone will be well represented at the 2025 Reunion at Sea by Allen Stone members Jane Rosi-Pattison, Dave and Joyce Mercer, Mary Tikalski and Bob and Sherry Milton. We look forward to hear-

ing about their 2025 travels!

Please contact me at jillhallin@comcast.net if you have any Allen-Stone questions, concerns or suggestions! I look forward to 'seeing' you on the December holiday zoom call!

## WORLD SERVICE

**Mary Tikalsky** was able to leave her Chicago office of the Y USA to be with us at Seabeck and fill us in on World Service. She highlighted projects of Y's around the world that are in most need of help due to various events in that country.

Some of those countries shown were YMCA South Africa, Haite, East Jerusalem, Liberia, Nicaragua, Jerusalem Int. Y, Georgia, India, Senegal, Peru and Ukraine.

The help in these countries for people to cope with living situations is needed and World Service has been working with many through donations and Projects.

Members are always happy to see Mary's smiling face and participation in the various activities at Seabeck. Having her presence helps us first hand to hear of the great work being done and why Allen-Stone members are generous in their financial support to World Service.



## Allen-Stone Chapter & National 2025

Please fill out the below form and mail along with your contribution to Allen-Stone YMCA

### Allen-Stone Chapter - Donation Form 2025

Name(s) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Preferred Telephone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Spouse DOB \_\_\_\_\_

*Donation to Allen Stone*..... \$ \_\_\_\_\_

*National Dues \$25.00*..... \$ \_\_\_\_\_

*National Donation*..... \$ \_\_\_\_\_

*Total Enclosed*..... \$ \_\_\_\_\_

**Please note: No national dues for lifetime members 90 years and older or for 1<sup>st</sup> year Y Alumni**

### **Additional Information:**

Year of retirement \_\_\_\_\_ YMCA Retired from \_\_\_\_\_

Do you now have or held a leadership role in this or another YMCA Alumni Chapter?

Yes, Allen-Stone \_\_\_\_\_ Yes, in \_\_\_\_\_ Chapter.

Would you be interested in serving in a chapter leadership role at some point in the future?

\_\_\_ Yes \_\_\_ No \_\_\_ Possibly, I'd like to talk about it.

Do you wish to receive Newsletters/Reports via Email? \_\_\_ Yes \_\_\_ No

### **Program Information:**

What types of programs, topics, locations or events would you like to see in future Allen-Stone gatherings?

How can Allen-Stone/National more effectively meet your needs/interests as a YMCA Retiree?

*Your donations are greatly appreciated. This allows your fellow officers to plan and provide fellowship, gatherings, travel and Newsletters to meet the interest and needs of all YMCA Retirees in the Northwest and Hawaii. And financial grants as well.*

*Please make your check payable to Allen-Stone Chapter YMCA Alumni and return to:*

***Jim Leigh, 7760 Angel Falls Way; Redmond Oregon 97756 PH 253-219-0613 Email: jimfleigh@gmail.com***

## MEMBERSHIP/CONTRIBUTION

The Chapter believes all who have given time to a YMCA Career deserve to be included in the life of Allen-Stone. That includes the Newsletter, periodic emails/phone calls, Events along with a myriad of financial support as well. Everyone, that we know of, who lives in our States of Service receive all opportunities. We as a Chapter rely on Contributions vs a set fee. Attached is the 2025 Form. Contributions to Allen-Stone and/or an Annual Membership to YMCA Alumni – all is one simple process.

***Come join in!***

### **"BAKING SPIRITS BRIGHT"**

#### **Y Alumni Virtual Holiday Gathering**



Sponsored by  
the Allen-Stone  
Chapter and  
hosted by Jim  
and Jan Leigh

**Saturday, December 14, 2024  
2:00-4:00 PM PST  
On ZOOM**

**Come even if you can only pop  
in for part of this!**

\*Join Allen Stone Chapter on **ZOOM** for our traditional holiday gathering. No traveling!

\*The theme this year is "Baking Spirits Bright." **Think of "baked" things** that speak "holiday" to you. Maybe cookies? Pies? Prime rib? A favorite family casserole? Come with ideas and traditions to share.

\***Dress for the holidays.** Ugly Christmas sweater? Favorite holiday tie (does anyone wear those any-more?). Christmas socks? Themed sweatshirt? Christmas earrings? A Santa hat? You could even wear Christmas pajamas!

\*Have **something to drink** so we can toast and maybe something to nibble on.

\*The **ZOOM invitation** will come out just a few days ahead of time. Join us!

## **Summer Fun in the Inland Northwest – 2025**

**Save the dates: June 17-19, 2025**



Your Spokane host team (Bev & Bill Reed, Bob & Sherry Milton, and Rich & Diane Wallis) are planning another fun filled event featuring new activities as well as some past favorites. More information and registration information will be available after the first of the year.  
**Stay tuned!!**



## REMEMBERING PAST MEMBERS



Those members who have passed away in the last year were remembered at a service held in the Pines overlooking the chapter memorial garden.

Don Leak lead the program with the roll call of members:

Chuck Micklewright: Helena, Montana: Jim Chapel, California: Shirley Hampton, Sweet Home, OR: Larry Whittlesey, Portland, OR: Beatrice Calizo, Wahiawa, Hawaii: Linda Hayes, Sammamish, WA: Jose Mas-Morel, Waimanalo, Hawaii: Phyllis Caswell, Yachats, Or: Douglas Hanson, Tillamook, OR.

A special tribute and music selections in memory of Bill Heathman who passed away recently ended the program. Wife Ruth Heathman was present to share in reflections about Bill.



Ruth Heathman



George Nichols with Joyce Leak at Bill Heathman's memorial service. Bill became executive of the Fauntleroy Y in 1970 where George was the only other full-time employee. George had many good memories of his and Bill's time at the Y.

### Members First Time To Seabeck

"Rig Riggins, a retired YMCA career professional, dedicated 49 years of his life to serving six different YMCA Associations, working alongside iconic Y leaders. Rig began his professional career in Des Moines, Iowa, after graduating from Drake University, and worked his way through the ranks to become the Central Branch Executive of a 200,000 sq ft facility under the mentorship of Sam Edgar and Rod Farmer. From there, he transitioned to the Los Angeles YMCA as a Vice President, where he was responsible for the Hollywood Y, the flagship of the Association, under John Ouellet. His career next led him to San Diego, where he served as Chief Operating Officer under Rich Collato, and it was during this time that he first met Diana. Afterward, Rig accepted his first CEO assignment in Long Beach, CA, following Bob Felder, and later moved to Spokane, WA, to lead as CEO following Rich Wallis. Rig and Diana were married 23 years ago in Spokane. His final CEO role was in Pittsburgh, PA, following Julius Jones, where he concluded his career before retiring in 2017. Since then, he and Diana enjoyed five years in Rancho Mirage, CA, before moving back to the Pacific Northwest two years ago to Silverdale, WA. Rig now enjoys family time, golf, travel, and reading.

Diana Riggins, whose YMCA journey began in Metropolitan San Diego, quickly became a standout leader. After starting in Financial Development, she rose to Branch Manager of the Penasquitos Family YMCA, directing the backyard swim program and overseeing the development of a new facility. Diana's passion for community development extended beyond the YMCA, as she later worked in Financial Development and Marketing for Big Brothers Big Sisters, where her dedication to mentoring continued even after leaving the workforce. A board member and Chair for both BBBS of the Inland Empire and BBBS of Greater Pittsburgh, she also organized mentoring programs through her Rotary Club involvement as President. An elder with her tribe, Diana is now back in her ancestral home in Kitsap County and helps her tribe with economic development and volunteers on several community committees, furthering her lifelong commitment to service. Together, Rig and Diana's journeys have been deeply rooted in community leadership and service, continuing to shape the lives of those around them."



Nancy Stifel, another first timer will be featured in the next newsletter.

## ALLEN-STONE ANNUAL BUSINESS MEETING

The annual meeting of the chapter comes at the closing of the Seabeck event.

The financial report given by Jim Leigh reporting \$18,820 in the account with some expenses still to come out. This balance leaves room for donations and keeping a goal of \$10,000 to \$15,00 in the account. A donation recommendation was made and action taken at the end of the meeting.

Leadership for 2025-2026 was listed (elsewhere in this newsletter) New was the position of Vice President being filled by Sherry Milton

Events: Listed elsewhere except an adjustment in Seabeck starting time to not conflict with outgoing group clean up: Registration will be at 4:30 and meeting start at 5:00.

Members wanting to come earlier than those start times will gather on the porch deck between the dining hall and meeting room to visit, have their sack lunch etc.

Donation Recommendations: \$3,000 available. It was unanimous to divide this as:

Jerusalem YMCA \$500; World Service \$1200; EAF \$500; Annual Campaign, YMCA of Seven Council Fires \$500 for a total of \$2700.

For the Good of the Order:

Seabeck planning for 2025: Jill Hallin and Don Leak held on September 15, 16, 17.

TBD: A Portland Chapter Event by Claire & Dave Perez

INCOME				
	Budget 2023	Actual 2023	Budget 2024	As of 8/31/24
Hawaii Conference		4,200.00		125.00 (1)
Shakespeare	2,500.00	3,115.00	2,500.00	2,155.00
Spokane/Coeur d'Alene	3,500.00	6,065.00	3,500.00	8,375.00
Seabeck	4,200.00	4,131.00	4,200.00	5,032.00
Donation/Membership	5,000.00	4,650.00	5,000.00	650.00 (2)
Carry Over/Miscellaneous				
<b>Total Income</b>	<b>\$ 15,200.00</b>	<b>\$ 22,161.00</b>	<b>\$ 15,200.00</b>	<b>\$ 16,337.00</b>
EXPENSES				
Hawaii Conference			4,200.00	4,305.16
Shakespeare	2,500.00	3,219.30	2,500.00	1,483.99 (3)
Spokane/Coeur d'Alene	3,500.00	6,224.89	3,500.00	6,963.61 (4)
Seabeck	4,200.00	4,193.16	4,200.00	
Newsletter/Membership	1,700.00	1,460.89	1,500.00	993.96 (5)
Supplies/Stamp	300.00	85.56	100.00	13.60
Memorial Garden				
Leadership Expenses	250.00		250.00	383.96
World Service	1,000.00	1,700.00	1,000.00	
Other Donations	2,000.00	1,000.00	2,000.00	
Miscellaneous				
<b>Total Expenses</b>	<b>\$ 15,450.00</b>	<b>\$ 17,883.80</b>	<b>\$ 15,050.00</b>	<b>\$ 14,144.28</b>
<b>Net outcome</b>	<b>(250.00)</b>	<b>4,277.20</b>	<b>150.00</b>	<b>2,192.72 (5)</b>

(1) \$3650. pd in 2023 \$500 refund in '24 + \$625 - Local folks income Event held in 2024  
 (2) Membership (\$3650. pd in 2023 for '24) ( \$1,000 pd in 2023) for 2023 year  
 2024 memberships: 61 (70 in 2023)  
 (3) \$560 deposit paid 12/2023 for 2024  
 (4) We will carry over \$700 (2024) for 2025 Eastern WA event  
 (5) Deposits in 2023 \$560 Shakespeare and \$1,280 Seabeck for 2024 events  
 Checking Acct. 8/31/24 \$18,828.27

### CHAPTER WORLD SERVICE



**Tom Horsley** is the World Service chair for Allen-Stone. The chapters main drive is at Seabeck each year and after hearing from Mary T. this year, everyone filled in a pledge form and, this years total at this time from these pledges is \$17,250. All members have received World Service news and donation forms directly from the main office and if you have not done so yet, please give what ever amount you can soon (does not have to be all at once). Be sure to note on the form or on your check the chapter name so it will be credited to the total giving for the year.

**connect  
travel  
serve**

#### CONNECT

We connect through chapter gatherings, national reunions, travel newsletters and video calls.

#### TRAVEL

Join in the YMCA Alumni Travel Club adventures here at home and across the globe.

#### SERVE

Members plan, fund and participate in national, international and chapter service projects.



### Update On An Adventure: Bea Haulk

I have been celebrating my BIG birthday all year. In April, my family and I enjoyed a week in Kona on the Big Island of Hawaii. My son Rick, daughter Lisa,



their spouses, my niece Diana & I, had a wonderful time snorkeling with the manta rays, visiting various points of interest, beaches and of course a luau.

In June, Rose Berberian (one of my YMCA HR colleagues) and I spent a week in Minneapolis visiting other YMCA HR friends. Along with a few site-seeing drives, we enjoyed spending most of our time reminiscing, about our careers and 45 yr friendships.

August (my birthday month) was amazing. My family and I, along with three wonderful Y friends, enjoyed a Holland America cruise to Scotland, Ireland, Wales, and a bit of Belgium with extra days in Amsterdam. It was truly spectacular!

My last trip will be my annual one week stay in the Reno/Tahoe area attending the Italian Festival and visiting YMCA friends.

I am blessed to be surrounded by my wonderful family as well as my YMCA family.



### NATIONAL SERVICE PROJECT UP-DATE

Total amount raised to date is \$957,767 and \$34,500 of that is designated for appliances. It is expected that the total raised by the end of the project will exceed one million dollars. **Allen-Stone**'s total raised to date is \$108,337, highest of the 17 chapters.

The four tiny homes are projected to be finished by the end of 2025.

Sign-ups will open on October 1<sup>st</sup>. For 2025 waves scheduled for May and September. By the end of the project, 400 volunteers will have worked on 22 waves.

The plan is to complete two Twigs (outlying program centers) by September 2026 using containers which are on site being used as equipment and furniture storage.

The dedication of completion is planned for September 20 and 21 in Dupree At the Y.



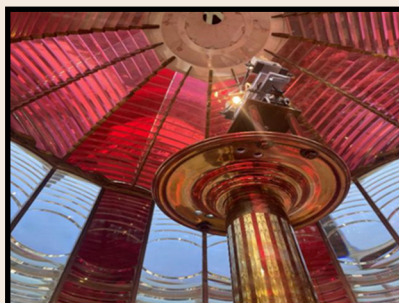


## **RVs Gather on the Oregon Coast**

The Allen-Stone RV Cluster met at Winchester Bay RV Park on the coast of Oregon for 4 nights in September for our annual RV outing. In attendance were Jim and Jan Leigh, Mike and Sharon Robinson, Wayne Clemetson, and Caroline Brooks. The setting is a



gorgeous one, right on the water of the bay. We enjoyed a walk around the park and another one on the beach, a potluck dinner, campfires, an Umpqua River Lighthouse and Museum tour (including an up-close look at a Fresnel lens), shopping at a Myrtlewood



Gallery, a chain-saw carving shop, lunch out at Schooner Inn Café right on the Umpqua River, and a tour of the Umpqua Discovery Center in Reedsport (highly recommend this



one.) Seeing the lighthouse shine its light after dark was a special treat. In between all those



activities, we played corn hole and cards. We also met up with a photographer friend who lives in the Leighs' neighborhood and he showed us a slide show of his favorite photos from Oregon. This is the 11th annual trip for this group and the years have seen us gathering in many different spots...state parks as well as private parks. We don't know the future of this group as folks are starting to sell their RVs but we may look into places that have more cabins. Stay tuned!



The contact person is Jan Leigh .janetbleigh@gmail.com

### ***Check these Websites Out:***

YMCA Alumni — <https://www.ymcaalumni.org>

YMCA Retirement Fund — <https://yretirement.org/for-plan-administrators>

Allen-Stone Facebook — [www.facebook.com](https://www.facebook.com) search for Allen-Stone

Sioux Project— <https://wawokiye.org>





*We Remember*  
*William Robertson Heathman*  
*October 30, 1934—July 24, 2024*

William Robertson Heathman was born in Los Angeles, CA. Bill attended Whitworth University and George Williams College. He worked for the YMCA in Southern California and retired from the YMCA in Seattle. Bill worked as the Marketing Director at Bay View Manor retirement home. Upon retirement he enjoyed traveling, gathering with retired YMCA employees, and biking. Bill is survived by his loving wife, Ruth, of 65 years; children Miriam Atchison (Steve), Bryan Heathman (DeeDee); grandchildren Kristine, Sarah, Stephanie (Jonny), Tyler (Jennifer), and Valerie along with two great-granddaughters. Bill will be celebrated during a service at Chapel Hill Presbyterian Church, Gig Harbor, on September 29, 2024 @ 2:30 PM.  
In lieu of flowers, please make contributions to Children's Hospital in Seattle or Chapel Hill Presbyterian Church.

**NEW RETIREES**

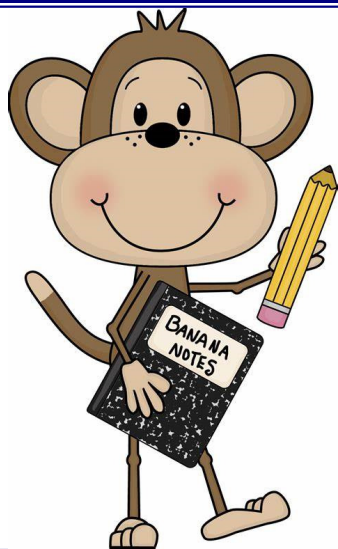
Sample Kurtis	YMCA of Greater Rochester	Camp Director	16 years
Laurel Moore	Honolulu Armed Services Y	Exec. Dir.	22 years
Terrance Pollard	YMCA Greater Seattle	Reg. Exec.	16 years



**DECEASED**

Charles Mettler  
Bruce Montgomer  
William Heathman

**DATES TO REMEMBER**



Dec. 14, 2024 Saturday - Zoom Holiday gathering  
Jan. 26-Feb. 2, 2025 Reunion at Sea  
May 2025: Ashland Shakespeare Event  
June 17-19, 2025: Spokane Event  
Sept. 15-17, 2025: Seabeck  
Portland Event 2025 TBD  
Big Island of Hawaii 2026 TBD







### October

Michael Robinson 10/02  
 Lony Huff 10/8  
 Mel Arnett 10/20  
 Christine King 10/25  
 Meredith Thomas 10/25  
 Mike Murphy 10/26

### November

Cliff Lawrence 11/15  
 Dick Knapp 11/15  
 Gary Huff 11/19  
 Jim Leigh 11/21  
 Caroling Brooks 11/24

### December

Joyce Lawrence 12/2  
 Sandy Knapp 12/2  
 Nancy Stifel 12/5  
 Joyce Worthington 12/14  
 Ralph Drake 12/19  
 John Howard 12/16  
 Joyce Mercer 12/20  
 Bev Reed 12/31  
 Peter Morris 12/31  
 Bill Reed 12/31



### NEWS DEADLINE

Deadline for articles/news for the  
 Next Chapter newsletter is:

**December 27, 2024**

Email TO: [pattisonjanel@gmail.com](mailto:pattisonjanel@gmail.com)

Or Send to: **Jane Rosi-Pattison**  
**2940 Harris St. Road**  
**Kelso, WA 98626**



### October

Tony & Joyce Sagare  
 Oct. 18 - 56 years

### November

Gary & Lony Huff  
 Nov. 21 - 55 years  
 Tom & Donna Oliva  
 Nov. 23 - 54 years  
 Tom Horsley & Cheri Brennan  
 Nov. 27 - 42 years

### December

Jim & Jan Leigh 55 years





Jane Rosi-Pattison, Editor  
2940 Harris St. Rd.  
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