



The Real McCoy

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

Fall Issue

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McCoy Chapter 94th Anniversary 1928-2022

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— By
Chris Logan
Chapter President

Comments from Chris

Our McCoy Chapter Board has been busy developing guidelines for the McCoy Award and making contact with every Association in our region to encourage nominations for this year's Award. Thanks to Julie Wesolek and Barbara Cardenas for their leadership. The winner will be announced in early October.

The program committee has put together an interesting historical outing to Gold Country for October. It features a tour of the Empire Mine, hiking, picnicking and time to explore the area. We will have updates on the National Service Project and hear about Youth in Government with plenty of time for fellowship.



The membership committee under the leadership Kathy Catanho is proposing a new Membership model for the McCoy Chapter that you can learn more about in this newsletter. Please take time to give us your feedback.

Enjoy this beautiful fall weather.

Chris

Chris
McCoy Chapter President



Coming Events





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.

Save the Dates - Y Alumni Reunion

submitted by Barb Cardemas

The plans for the next national YMCA Alumni Reunion are well underway - "YMCA Alumni Reunion at Sea". It will be a 7 night cruise on Royal Caribbean into the western Caribbean embarking from Galveston, TX with a pre-cruise option and possible Houston local tour (looking into a tour of the Kennedy Space Center). The dates are January 26-February 2, 2025. All matters (registration, transportation to and from the ship, and refunds) will be arranged through Go Travel.



More information and registration can be found at At Sea: Reunion at Sea - Ymca Alumni Travel Club. Here is the Itinerary:

Day 1: Embark from Galveston, Texas, Royal Caribbean's brand new cruise terminal.

Days 2-3: At sea with all the ship activities and amenities and YMCA Alumni special events.

Day 4: Port day in Roatan, Honduras. This beautiful island is home to one of the best diving and snorkeling locations in the world and has a rich cultural heritage that you can explore.

Day 5: Port day in Costa Maya, Mexico. Make new friends at the Dolphin encounter located right in the port area. Mahahual Beach has a local feel and offers plenty of food and beverage options as well as local shopping. And much more to do in the Costa Maya region.

Day 6: Port day in Cozumel, Mexico. The heart of the island is downtown San Miguel, or "Centro" -- and it's a very safe and easy town to explore on foot, with a large, central plaza park, surrounded by endless restaurants, cafes, bakeries, boutiques, art galleries, markets, and great shopping.

Day 7: At sea, with YMCA Alumni events and many shipboard activities.

Day 8: Disembark in Galveston for your memory-filled trip home.

McCoy Chapter Board

as of January 2023

President	Chris Logan christine.logan@gmail.com
Vice President	Bud Doane Budoane@yahoo.com
Secretary (interim)	Sally Stickney sallystick@aol.com
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EAF Chair	Ron Markillie ronmarkillie@comcast.net
National Service Project Chair	Bob Smeenk bsmeenk@sbcglobal.net
International Chair	Tracy Muckey tracy@muckeys.com
McCoy Award/ YPN Liaison	Barbara Cardemas cardenasx3@aol.com and Julie Wesolek jwesolek4@gmail.com
Shakespeare Festival	James Fink fink.james@gmail.com
Members at Large	Jan Dale hikerjd@gmail.com Greg O'Brien gwob1@hotmail.com



L to R - Chris Logan, Kathy Catanho, Pam Sheble, Sharon Robinson, Bud Sheble, Julie Wesołek, Bud Doane, Bob Smeen, Harry Smeen, Greg O'Brien, Barb Cardenas, Sally Stickney, Hsrry Smeen, Fred Stickney and Mike Robinson. (not pictured: Ralph & Barbara Drake)

Two Allen-Stone members joined the McCoy folks for a wonderful getaway in the beautiful Sierra foothills with a two-night stay in Grass Valley. Not only were we able to enjoy the historic charm of this gold mining town but were also lucky enough to see the beginning of the fall colors in the trees.

Family. The 2-hour tour through the picturesque grounds culminated in a peek down one of the mine shafts and a visit to some of the outbuildings, including a working Blacksmith shop.



Barbara and Ralph Drake enjoying lunch with Bud Doane and Chris Logan

The highlight of the event was a private tour at the Empire Mine State Park with our volunteer docents Nick and Lee. Armed with pictures and props, they shepherded us through the grounds, including the Clubhouse and Cottage used by the owners, the Bourn

The gold mine operated continuously from 1851 until 1956 when it became unprofitable. After the tour we enjoyed a picnic lunch orchestrated by Sally Stickney. Huge deli sandwiches, chips plus a cookie and drink of your choice were perfect. Many of us brought half of the sandwich back for later.

Gold Country Gathering (cont.)

In the afternoon we all did our own thing, hiking, shopping and for some of us a trip over to Nevada City which has a lovely little museum in the old firehouse. To top it off, there was an ice cream shop next door.



Sharon Robinson, Pam Sheble, and Sally Stickney

We all took advantage of the complimentary breakfast and late afternoon happy hour to share stories and memories. The Gold Miner's Inn was very hospitable and comfortable. Julie Wesolek led a small group in morning stretch exercises which were performed with enthusiasm, if in the case of most of us lacking in skill.



Morning stretch class was fun led by Julie Wesolek. (Julie is fourth from left)



We all enjoyed the complimentary happy hour



Fred and Sally Stickney

The first night we walked or drove a couple of blocks to Cirino's on Main Street for a pre-arranged meal. Choices included Lasagna, Chicken Piccata, Salmon, and Pasta. The second night most of us trekked an extra block to Tofanelli's Gold Country Bistro another fine restaurant. This restaurant had excellent Prime Rib among other delicious choices.



We all enjoyed the dinner at Cirinos and Fred Stickney and Bud Sheble bought a couple of bottles of wine that we well received.



At Tofanelli's Gold Country Bisto



After another fine meal we enjoyed the walk back through the lighted shopping pedestrian mall, enjoying the gaily decorated shop windows.

On the last morning **Mari Bassel**, the Executive Director of the California Youth and Government Program, travelled from Sacramento to give us and update on the resurgence of the program after Covid and after the takeover by the Los Angeles Metropolitan YMCA. Lots of discussion and questions followed. Finally, committee reports were presented by **Bob Smeenk, Julie Wesolek and Barb Cardenas**. As we packed up and headed home, our only regret was that more members didn't attend. Maybe next time.

Special thanks **Bud Doane** who spearheaded the planning, to **Fred and Sally Stickney** whose knowledge of the Grass Valley area led to great venues, and to the Pipkin Family Foundation for underwriting some of the cost of this event.



Long time Youth and Government volunteer, Kathy Catanho, former Y&G Director Bud Sheble, current director, Mari Bassel, Chapter President Chris Logan and Vice President Bud Doane

Member News

Kathy Catanho and Dave Eakin (Castro Vly, CA)
" Here's an update on our experience sponsoring a Ukrainian Refugee Family. "After 5 months of intensive online sponsorship processes with the Department of Homeland Security, on June 13, 2022, we picked up our Ukrainian family at the San Francisco Airport. The first several months were a roller coaster of emotions, unmet expectations and challenging communication. They lived in a trailer in my (formerly burned) mobile home park in Paradise for approximately 11 months. They now rent a house in Paradise where I pay half the rent and all of the utilities. It has been a difficult adjustment for them, but they are now much happier. So I am much happier.

They have worked hard to get to this point and I wanted to give them a true vacation. I suggested Disneyland, but at first, they were not enthusiastic. Their daughter Anna, who had lived in Paradise with them at first and then moved to LA to work, thought it was a great idea, so, she and I planned the trip. There are several "Disney" properties in the world, so I thought they would likely have an idea as to what this was. I was wrong. Once they got the hang of it, they decided that Disneyland was awesome! We also went to Sea World in San Diego (Dave and I had a wedding to attend there). They also enjoyed the hotels, swimming pools, parks and restaurants. It was an adventure! They are here on "Humanitarian Parole" which was meant to be a two year program. That may be extended by the US government, but our sponsorship ends on June 13, 2024."

L to R. Dave, Kathy , Anna, Artyom, Valerii and Tanya



and Mary DuBois (Reno, NV) "Hello from Carl and Mary. We just moved from our apartment into an independent senior living center. It is a smaller size, and we're finding it difficult to downsize. However, the advantages are many, including having someone else cook and serve our meals. Our two sons took time off work and traveled to Reno to move us. They are both commercial airline Captains., Rick flies for United and Dave for Delta. Our new address is 765 South Meadows Parkway, Apt.419, Reno, NV 89521. It is always a pleasure to hear from friends."



Don and Susan Anderson (Honolulu, HI) "We attended the YMCA General Assembly in Atlanta to Watch **Dave Mercer** and others be inducted into the YMCA Hall of Fame. It was great to see Dave receive this well deserved recognition.



Joyce Mercer, Mary Zoller, Don Anderson, Dave Mercer, Mary Tikalsky, Sue Anderson

We hooked up with friends **Len and Joyce Wilson** in Atlanta and flew to their home in Philadelphia to drive out to their home on the Jersey shore for a week. Unfortunately **Joyce, Len and Susan** all tested COVID positive on our second day there and Don got to live in a leper colony for a week. I guess there is always a risk when you gather with 3,500 of your closest friends. The Wilson's beautiful shore home had 5 bedrooms and lots of outdoor deck space so it was still a great week of visiting with great friends.



Andersons and Wilsons on the Jersey Shore

Next month **Don** heads for Cambodia to build homes for displaced people and then will take a trip down the Mekong River in Vietnam. Susan and I are looking forward to hosting the group here in Honolulu in February. We have made Hotel reservations for Anderson, Huff, Mercer, Muckey and Stickney so far. Don needs to get your hotel dates as soon as possible to secure our great rate.

Dave and Jock Mercer (Vancouver, WA) "Here is some stuff on us. Dave and Joyce Mercer spent 4 great days in Leavenworth Washington. with the Travel Club from Fairway Village. We then spent 5 days with our family at son, Mikes home in Joseph Oregon. He has 6 acres of wooded land and recently built a house on it. Wonderful spot to enjoy a family reunion. We also have spent most of August and September at our beachfront motor home site in Newport, Oregon. It is right on the ocean with 5 mile

views up and down the coast from the front window. All is well health wise."

Bob Smeen (Aptos, CA) "Over 30 years ago, my brother Harry and I went to the Shasta area, where we designed and built two ranches. We were invited to return to one of the ranches this summer to see all that had been done since we were there last. It was spectacular. The owners are maintaining a vast sum of the property as a natural habitat and wildlife refuge. What I found was truly amazing . Most of the property was as we had left it. The roads through the property were still unpaved. No other improvements were made to the living quarters or main buildings. The owners allow researchers to stay at the lodge, pictured, to do their work. There are many springs on the property which produce two million gallons of water every 24 hours for the nearby river. Peace, quiet, and, an appreciation for all that was not done." Pictured at the front of the lodge.



Bob Smeen with his brother Harry and Harry's daughters , Lynzy and Kim and their sons..

(More Member News on next page)

Even More Member News

Dave and Mary Alice Thornton (Palo Alto, CA) «Mary Alice and I hit a big milestone this recently and celebrated our 50th wedding anniversary. Twenty members of our family gathered to help us celebrate: children, grandchildren, spouses, and partners. Here's a recent photo of us.»



Bud and Pam Sheble (Belmont, CA) «We celebrated our 60th Wedding Anniversary August 31st with a family dinner at a lovely local restaurant. Eldest son Matthew, with wife Dorian, our daughter Brynn with husband Mark, and our youngest son Tyler and his wife Yazmin joined us for the occasion. Brynn snuck over to our house and borrowed our wedding album, filling the table with pictures.



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

PEARLS OF WISDOM

- I've learned that pleasing everyone is impossible, but upsetting everyone is a piece of cake.
- If you find yourself feeling useless, remember it took 20 years, trillions of dollars, and four presidents to replace the Taliban with the Taliban.
- I'm responsible for what I say, not what you understand.
- Common sense is like deodorant. The people who need it the most never use it.
- As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.

Important Websites to Checkout:

Y Alumni Website:

<https://ymcaalumni.org>



Y Alumni newsletter is mailed to Y Alumni members 8 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 and search for
McCoy Chapter Alumni.



By becoming an annual “Contributing Member” of the McCoy Alumni Chapter, you help support these Local, National and International YMCA Programs!

The McCoy Award – “For many years, the McCoy Chapter has annually awarded a Y staff member (or members) for creating a unique and sustainable program that met a particular need in his/her/their community. It is a wonderful way to recognize staff for their contributions to the Y movement. Nominations are taken from every association that belongs to the McCoy Chapter. **The McCoy Award** is presented as a surprise in collaboration with the association’s CEO and other key staff members. Additionally, the staff member and program are highlighted in the McCoy e-newsletter.”

“The International Service Corp (ISC) provides retired YMCA professionals with an opportunity to work with YMCAs all over the world. Most recently in Germany, Dominican Republic, and China in program development and strategic planning. This year Jon Vance, retired Camp director from North Carolina is going to Albania to help the Albania YMCA build a high-quality youth and family programs starting with camp. Teresa Hill, retired aquatics director from Colorado is volunteering for a three-week session in the Bahamas to teach much needed swimming lessons and help write grants for additional funding. **The YMCA Alumni** group is a treasure chest of knowledge and expertise, ISC is a way to share that [experience](#) internationally.”

“The Real McCoy Newsletter is published 4 times each year and distributed to YMCA retirees and/or their spouses living in Central and Northern California and Northern Nevada. Currently the Newsletter reaches nearly a hundred in a printed format and another 240 via email. The goal of the newsletter is for YMCA retirees to retain the connection to the YMCA, and to foster opportunities for them to participate in Y Alumni activities and events. The newsletter also highlights current Y service projects and ways that alumni can participate and financially support them. Finally, the newsletter is a way to share news and happenings in our members’ lives.”

“The YMCA Emergency Assistance Fund (EAF) has achieved remarkable success by providing vital support to individuals and families in times of crisis. Through financial aid the EAF has offered a lifeline to those facing adversity. The fund aids YMCA staff (either active or retired) and their dependents, facing emergencies such as medical bills, natural disasters, inadequate or no pension, problems created by political turmoil, and human rights violations.”

National Y Alumni Service Project – “The National Y Alumni has developed a partnership with the YMCA of the Seven Council Fires, previously the Sioux YMCA. The need for housing and services in their service area is massive. A goal was set to build 4 tiny homes for tribe members, predominately single mothers and their children, and several small program centers (called “Twigs”). The initial financial goal was to raise \$600,000. in 3 years. That goal was met in the first year!

Y Alumni and other groups have volunteered to help assemble the buildings. The response to this volunteering effort has been amazing. As a result, the first home is being completed and the work is ongoing. Y Alumni’s service project will have a significant impact on the lives of these very deserving people.”





2024 Y-Alumni Waikiki and Oahu Adventure

for members of Allen-Stone and McCoy Y-Alumni Chapters

Dates: February 19-23, 2024

Location: Outrigger Reef Waikiki Beach Resort, Oahu, Hawaii

Costs:

- **Registration Fee:** \$250 includes Welcome Dinner, tours*, and incidentals
- **Lodging at Outrigger:** \$202/night for 1 king bed; \$290/night for 2 beds

Program:

Monday, Feb 19 - Welcome Dinner
Tuesday, Feb 20 - Tour day #1 with a Polynesian Cultural Center Option*
Wednesday, Feb 21 - Free/personal choice day in Waikiki
Thursday, Feb 22 - Tour day #2 and Farewell Dinner
Friday, Feb 23 - Hotel check-out or continue on personal itinerary

* Polynesian Cultural Center Tour is optional and will cost \$100 added to registration fee

How to Join In

Step 1: Register for Trip

- Send your registration form and check to **Jim Leigh** (Allen-Stone Chapter Treasurer), **7760 Angel Falls Way, Redmond, OR 97756**

Step 2: Reserve Hotel Room

- Send your reservation dates and room type to **Don Anderson** ymcadon@mac.com by **December 15**. Be sure to indicate if you want extra nights. Hotel costs paid when you check out.

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

Questions? Contact Lee Muckey (lee@muckeys.com, 804-370-4796) or Tracy Muckey (tracy@muckeys.com, 804-389-8488)

If you would like a Registration form for this event, contact Lee or Tracy Muckey at the numbers above or email them at tracy@muckeys.com or lee@muckeys.com and they will get it to you. Sounds like a lot of fun!

YMCA ALUMNI - NATIONAL SERVICE PROJECT

Sioux YMCA, South Dakota

"Tiny Homes"

The YMCA Alumni Service Project, "Tiny Homes", has completed the final wave of Y Alumni Volunteer, including our own Lee and Tracy Mackey, for 2023. All of the foundations and concrete slab work has been completed. Inter structural connections are taking place. The SIP's, (Structural Insulated Panels), for the second home are going up. Paint and trim are starting to happen on the first unit.

The Ceremonial Circle will start its formation in the center of the complex next year. If you are able to rake, light shoveling, paint, carry items, sweep floors, etc., there is a place for you to volunteer. You DIY's possess the skills for additional service. (Think YMCA Camp annual work projects).



The schedule for next year has yet to be announced. Usually starting in May for 3 to 4 weeks, and again in September, for another 3 to 4 weeks. A commitment last for 1 week. (Tuesday to the following Tuesday). The evaluations from our previous volunteers has contained great comments, including the cultural understanding of the Sioux Nation.

For additional information on "YOUR" Y Alumni Service project, go the the "YMCA Alumni National Service Project" website. Or contact Bob Smeenck, McCoy National Service Project Rep. bsmeenck@sbcglobal.net.

Bob

From the Muckeys

"Tracy and Lee found the 11th Wave of the Y-Alumni service Project (in mid-September) to be an amazing, even life-changing, experience. We were concerned that we wouldn't have the skills to really help, but there's something for everyone to do, regardless of skill level. In addition to providing an important service for the YMCA of the Seven Council Fires, we got to know a lot of great people and learned a great deal about Lakota culture and life on the Lakota reservation. We plan to go again next year, and we encourage all our friends and colleagues to be part of this incredible project." (Tracy is 2nd from left in front row. Lee just behind her to the right)



Happy Anniversary

Congratulations and best wishes to the following couples:

69 Years

Maria & Robert Garcia Oct 17

64 Years

Carl & Mary DuBois Nov 22

Bill & Joanne Newton Dec 27

59 Years

Jack & Laura Wylie Dec 27

54 Years

Royce & Joyce Starr Dec 16

48 Years

Bud & Marcy Doane Dec 20

24 Years

Bill & Sherry Hubartt Oct 9

Rod & Ellie Carpenter Oct 23

**"Marriage is a
lifelong commitment
to love each other
even on those
days when you
struggle to
like each other."**

Dave Willis



Happy Birthday

Jim Daughn	Oct 5
Edith Stratman	Oct 5
Yee-ling Fong	Oct 7
Jo Bagelmann	Oct 9
Donna Roper	Oct 12
Jan Greer	Oct 16
Jan Dale	Oct 19
Eileen Murray	Oct 22
Mike Murphy	Oct 26
Chris Logan	Oct 27
Bruce Ahlquist	Oct 28
Tracy Muckey	Oct 29
Greg O'Brien	Oct 30
Chris O'Brien	Nov 4
Ron Markillie	Nov 8
John Boore	Nov 9
Don Zerwer	Nov 14
Steve Rogers	Nov 17
Madelaine Stiver	Nov 18
Jerry James	Nov 22
Dee Bright	Nov 23
Sally Huebner	Nov 28
Pat Berghold	Nov 30
Pam Sheble	Dec 5
Lois Hornstra	Dec 6
Mary Lipscomb	Dec 15
Jane Bostwick	Dec 17
Arnold Leonard	Dec 18
Ralph Drake	Dec 19
Neil Homer	Dec 19
Joyce Mercer	Dec 20
Jim Lipscomb	Dec 21
Rod Carpenter	Dec 22
Alan Wong	Dec 23
Diana Garcia Zachariah	Dec 24

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



*We would really like to
acknowledge all wedding
anniversary dates and
birthdays, so please give
us yours next time you
pay your dues or send the
information to Pam Sheble
at 2730 Sequoia Way,
Belmont, CA 94002 or via
email at*

pamsheble@comcast.net