

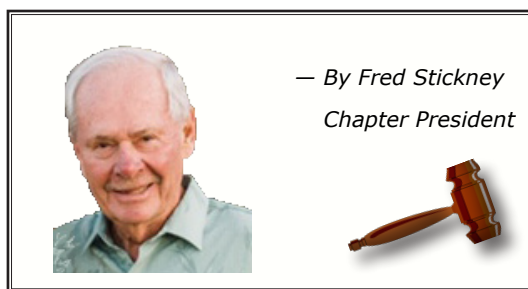
Summer Issue

July 2020
Volume 37, Issue 2

McCoy Chapter 92nd Anniversary 1928-2020

In this issue:

Fred's Reflections	1-2
Coming Events	1
Board Members	2
Nat'l Service Project	3
EAF Report	3
Member News	4-5
Life Changing Decision	6-7
Covid Observations	7
Treasurer Report	8
Website Info	8
Alumni Int'l Service Corps Program	9
Birthdays/Anniversaries	10
We Remember	11
Save the Date	11
Membership Renewal Form	12



— By Fred Stickney
Chapter President

Fred's Reflections

Since the last newsletter, our lives have changed with our staying in place due to the Covid 19 crisis. Sally and I are doing well, staying healthy and doing many projects around our home. We have not heard of any McCoy retiree's getting the Virus and hope all have stayed healthy during this time. I have reached out to our local YMCA's to find out about how this pandemic has affected their programs. I know many YMCA staff members have been furloughed and the Y programs are not ongoing at this time. We know that the YMCA camps Loma Mar and Jones Gulch are not having their traditional camping programs this summer.

As a former YMCA Director, I imagine that this time has put enormous pressure on Y facilities to operate, and the financial impact must be huge. I hope in the next newsletter, we can hear more about how the YMCA's have been able to survive this devastating loss of income and the inability to provide programs in their facilities.

Our own McCoy Chapter has been slowed by the fact we can not meet in person, and now use our phones, Zoom and email to stay in contact. Recently, Bud Doane, Jan Dale, Pam Sheble and

I had an electronic meeting on finance and the newsletter production needs. Our full board will have a Zoom meeting in August, and we will discuss plans for possible programs for the Fall and next year 2021.



The article from National on World Service in this issue highlights how the National YMCA is going forward. On my call with Paul Andreason of the Lyons Chapter, I expressed our support for the YMCA Alumni International Service Corp Program. Any member of our chapter that is interested can contact Bob Lomauro, chair of the Task Force, at his email, in the Newsletter article on page 9.

(Continued on page 2)

Coming Events



***We'll meet again,
don't know where,
don't know when....***



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: February, May, August and November. Articles and news for inclusion should be received by the 1st of the month of publication.

Some photos may have been "doctored" to make them more interesting.

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.

Fred's Reflections (cont.)

The 4th of July is a time where we celebrate our democracy and our freedom. With the present issues that America is facing, our YMCA values and mission are foremost in our thoughts, as the YMCA has always been inclusive to all communities. As we go forward in the next months, I hope that we can venture out into the world and connect again with friends and family.

There will be a Zoom Board Meeting on August 7th at 11 am. All board members are asked to participate.

Fred Stickney,
McCoy Chapter President
fredstick@aol.com

Fred

McCoy Chapter Board

President	Fred Stickney fredstick@aol.com
Vice President	Bud Doane Budoane@yahoo.com
Secretary	Roberta Duncan rduncan@pacbell.net
Treasurer & Archivist	Jan Dale jdalescv@gmail.com
Editor	Pam Sheble pamsheble@comcast.net
Immed. Past Pres	Greg O'Brien gwob1@hotmail.com -----
EAF Chair	Ron Markillie ronmarkillie@comcast.net
Health Chair	Chuck Osborn wrldnr@sbcglobal.net
YPN Liaison	Lanny Couvillon rcouv5@verizon.net
FaceBook Administrator	Vacant
International	Chris Logan christine.logan@gmail.com
Membership	Bob Smeenk bsmeenk@sbcglobal.net
Member at Large	Vacant

**Kinda starting to
understand why
pets try to run
out of the house
when the front
door opens**

**A mask is not a
political statement**



It's an IQ test



Hello fellow Alumni,

I am representing the McCoy Alumni Chapter on a National Service Project with 16 other alumni chapters.

The first Zoom meeting was held Tuesday, June 16th. Our first task is to identify Attributes and Ideas for this project.

Some of the Attributes suggested are:

- Challenging
- Doable
- Sustainable
- Need your suggestions

The Second task is to identify possible projects.

Some suggestions so far include:

- Sioux Indian YMCA
- YMCA Residence Camps
- Foreign YMCA service Projects
- Solicit your ideas

The Task force will be meeting monthly to identify attributes and projects and present a final plan.

Please contact me with your ideas and suggestions at:

E-Mail: bsmeenk@sbcglobal.net

Phone: 831-588-0408

Mail:

Bob Smeenk

37 Townsend Drive

Aptos, CA 95003

I appreciate your assistance in this exciting adventure.

Bob

Bob Smeenk
Membership Chair

This is a message from Jim and Mickey Havlick, our National EAF chairpersons. "This has certainly been a new experience with this pandemic, and now with lawlessness, all across our country. With 75% of all Y staff being laid off or furloughed, things have really slowed down for all of us.

EAF Grant requests for financial assistance are close to where they were last year at this point. Only about 15 active Y staff qualified for grant funds under the "involuntary separation" clause with up to \$3000 max funding per request. This has not affected the funds ability to meet the more normal financial emergency assistance requests by our members. The EAF board frankly anticipated a lot more requests, but local governmental unemployment benefits appear to have been sufficient so far. With many the Y of the USA staff also being laid off getting timely information from reduced staffing has been a challenge. However,

EAF staff are still receiving donations and applications and the Caring Committee is busy reviewing all valid requests. \$107,000 has been awarded so far with \$140,000 budgeted thru the end of this year. Hopefully, giving to EAF will continue so that we can meet the continued needs of both our Y Alumni members and our Active Y Professional Network members."

If you haven't donated to the EAF (Emergency Assistance Fund) yet this year, please do so. There is obviously going to be much need in the coming months since many Y employees have lost their jobs due to the Corona Virus pandemic.

You can donate by going online to ymcaalumni.org and clicking on the EAF tab. You can also send a check to :

Emergency Assistance Fund - Y of USA
101 Upper Wacker Drive - 16th floor
Chicago, IL 60606

Ron

EAF Liaison - Ron Markillie
ronmarkillie@comcast.net

Dee Bright (Granite Bay, CA) "While in lockdown, I busied myself with yard projects and local hiking.



Once things loosened up, I headed for the mountains with three other gals for some backpacking in the beautiful Desolation Wilderness

area. On a day hike we (I'm in the center) enjoyed lunch at the top of Mosquito Pass where the snow blocked further progress. I'm now in San Diego with my family. They've been extremely careful, as have I, so after almost four months of no human contact, I'm loving the hugs!"



Pearl Carpenter (Davis, CA) "My only living brother, Dr. Charles Radding, celebrated his 90th birthday recently. He had a renowned career as a research doctor and a member of the National Academy of Sciences. But now he is in a retirement facility in Connecticut in the special care unit with dementia. What is so techie in this day and age, I am able to visit with him once a week with the assistance of a paid employee who zooms into me from his room. So on his birthday, I was able to celebrate with him via a 90th birthday balloon from my home. The picture attached shows me holding the balloon for him to see and you can see his small picture in the upper corner. I didn't know the picture was being taken, so not the best one I've ever taken with my mouth open talking to him. This zoom world is now keeping me in touch with the outside world."



attached shows me holding the balloon for him to see and you can see his small picture in the upper corner. I didn't know the picture was being taken, so not the best one I've ever taken with my mouth open talking to him. This zoom world is now keeping me in touch with the outside world."

Jean Crichton (Kenwood, CA)

Her daughter Lori sent this: Mom wanted me to send you this photo of her and the only thing she wants you to print about it is: "You figure it out. I was born on June 6, 1921 at 5:30 a.m."



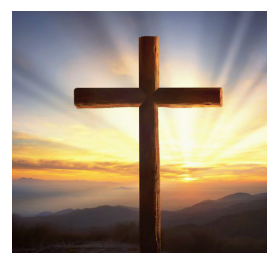
Way to go Jean!



Jerry and Pat James, Austin, TX -June 1-our 58th anniversary! We will celebrate with eggs and bacon for breakfast, and steak for dinner. Our gifts to each other are so romantic - new Sonicare toothbrushes to replace our old ones! On June 1, 1962, we made a great decision!



Jim and Mary Lipscomb (Albuquerque, NM) "So far we have made it through the shut-in for the virus. However we have lost three of our members but none because of the corona virus. One person that many retirees may know or have known is **Boris Kazimifof**.



Boris had retired here in Albuquerque to be near his son. He was in YMCA World Service for most of his career in Asia. He was very active in the Grand Canyon chapter and played tennis until recent years. He will be missed by us! Until the virus is over -stay safe!"

Chris Logan (Palo Alto, CA) After the first 60 days of sheltering, Chris Logan was able to reconnect with granddaughter Carmela. "We weren't too good with social distancing, however, we have mastered masks which will be our fashion statement going forward. Looking forward to the future if everyone stays healthy. I will be busy helping with grand children's new school schedules (kindergarten & 2nd grade) as parents are working from home. Their school schedule will be 2 days in classrooms and 3 days a week in home school. Any available after school care is doubtful. It is an amazing opportunity to get creative!"



Tracy & Lee Muckey (Glen Ellen, VA) came to their California second home for an expected 3-month stay in early February. Surprise! Lee says "When COVID-19 hit, we decided it was best not to head home in May... no flying petri dishes for us. When our local Y closed in late March, it provided an unexpected opportunity to get outside and exercise differently. We've biked - on and off-road - and hiked (physically distant, don't you know) 5 or 6 days a week, getting to know Westlake Village/Thousand Oaks and surrounding open spaces in



the Santa Monica mountains. Trying to help local restaurants stay alive, we've suffered through the 20-minute drive to Malibu and had a couple of nice meals - take-out on/near the beach." We've Zoomed with friends on the east and west coasts pretty regularly, and had lots of



opportunities to see our oldest son, Chris, his girlfriend and new puppy Cap. We've volunteered with Food Forward, picking fruit from local backyard trees and packing food boxes for the underserved. We feel very fortunate to be happy, healthy and able to stay active during the "safer at home" time. Back to Virginia September 1, assuming the pandemic stays low key."

Karen Nutter (McKinleyville, CA) Karen wrote "We now have two blue herons that feed off the gophers in the pasture beyond our backyard, and the cloud and light shows have changed, and brightened with the spring storms. Daughter and granddaughter now have a puppy they are learning to be responsible for, and train. Billy, the cat, is still cautious about this change. I'm enjoying the change for those of us that are semi "locked in".

The biggest changes come from my granddaughters, and daughter. They are all participating in non-violent demonstrations. Our second granddaughter, Tessa, had to go to San Diego, and while there she participated in three demonstrations. The first one turned violent so she experienced having the bail phone number written down her arm, pepper spray in the face, and then a large container of milk thrown in her face to neutralize the toxic spray. The other two were less extreme. On the way home, with her friend, they stopped in San Francisco and joined the 30,000 strong, peaceful demonstration. Here, she was in quarantine at her



friends home for three days, then tested for the virus, and three days after that she learned she was negative. Next on her list was to come see me and proclaim, "Grandma, I'm negative."

Greg and Chris O'Brien (Petaluma, CA) "Chris and I are now taking short walks around the neighborhood. We can visit with the family in the backyard trying our best with social distancing. I am reading several very good books and have enjoyed painting Mount Tamalpias".



Life Changing Decision

Contributed by: Dave Thornton

Six months after the death of my mother at age 82 my father made a dramatic and surprising decision. He had struggled to cook for himself and take care of a house and yard while feeling increasingly lonely. While visiting my sister in Portland, Oregon he went to see some friends who had moved from the Bay Area to a Continuing Care Retirement Community (CCRC) in that city. Without any urging from us he decided it was best for everyone, including himself, to move into that CCRC. So, at age 85 he sold his house and we all helped him move into this non-profit retirement community.



became newly alive and thrive in this setting, eating regular meals and re-engaging with others. Additionally, my sister and I were enormously relieved that he was safe and taken care of. Despite a number of health conditions, he lived until he was 95.

A year following my YMCA retirement I was invited onto the board of directors for a nonprofit CCRC in Palo Alto called Channing House. I spent nine years on this board, including serving two years as board chair. I gained great insight into how these retirement communities are managed and listened frequently to residents talk about its many benefits.

During this time Mary Alice and I began seriously discussing whether we wanted this for our future too. We debated the pros and cons, trying to consider what was best not only for us but also for our children and grandchildren. It was a long and thoughtful process. Sometimes fraught, as well.

Finally, two years ago we took the plunge and informed Channing House we were planning to eventually move in. We thought it would be several years

before actually becoming residents, but an attractive two-bedroom seventh floor apartment with a beautiful view of the Santa Cruz Mountains opened up (vacancies are scarce) and we signed up for it. We weren't excited about the timing because the thought of living with all of those "old people" seemed like a distant plan. Looking in the mirror, however, we realized we would fit the demographic!



Beyond the decision itself the most difficult part of this move was the downsizing process. Going from a 2200 sf home to a 1000 sf apartment was a huge challenge for us. Storage in our new home was limited so it required difficult decisions, not only about furniture, clothing, dishes and art, but also about all of those trunks full of "stuff" that had been accumulating for 46 years. It turned out to be a highly emotional experience of "letting go" of old photos, slides, files, books, and many other things that had memories attached. It helped, however, to keep in mind we were doing this downsizing so our kids wouldn't have to be doing it when we were gone. Hard for us, but a gift to them.

We decided to rent our house in Palo Alto instead of selling it, at least for the foreseeable future. In October of 2019, once the apartment had been remodeled to our specifications, we moved into Channing House. The transition was smoother than we had anticipated. People were warm and welcoming...we had a number of friends already living here...and we settled fairly easily into the new routine of our lives. Mary Alice is happy not cooking meals daily and we've both found living in a smaller space very comfortable. People discovered Mary Alice's talents quickly and she's already involved in the life of our place including being the 7th floor representative. I've agreed to co-chair the planned giving committee.

By far the most agonizing part of the move was having to give up our beloved dog, Millie. Regretfully, Channing House does not allow pets to reside in it. Visit yes, but not reside. Fortunately, we have good friends who live in San Jose who had taken Millie over the years when we traveled. They, of course, had fallen in love with her, and volunteered to take her. Losing Millie was almost a deal breaker. Many tears were shed by both

of us, especially Mary Alice. We continue to grieve, but we were visiting regularly before the pandemic change everyone's world. Choosing to move with me or stay with Millie was a tough call for Mary Alice.... ☺

So...why did we decide to move into a CCRC? Three main reasons.

First, we decided to be in control of our own health care issues in the future and not be dependent upon family or others to make critical decisions for us. We had not signed up for long-term health care insurance. We've seen others, including family, struggle with health care issues and costs as they've aged. CCRC's have assisted living and skilled nursing as part of their contract with residents. It provides us with a sense of safety if we ever need these services.



Second, we recognized that when the first one of us dies the other one did not wish to be alone in a big house potentially growing more and more isolated as we aged. The idea of being embedded in a caring community of people with activities and companionship for the remaining years of our lives was a compelling reason for giving up some of our other freedoms. Loneliness can be one of the most negative parts of growing old. Creating social connection is increasingly difficult as we age, so a built-in community can be a wonderful asset.

Finally, we decided this move would be a gift to our children. Our kids were initially surprised and dismayed about our decision, proclaiming their love and intention of "taking care of us" till the end. But



they've come to recognize the enormous relief of not needing to worry about our health care, living conditions, and emotional well-being as we age. They can remain fully engaged with us in the coming years without the burden of concern that so often accompanies taking care of aging parents.

Obviously, there are also good arguments for "aging in place" and many ways to navigate this end of life journey that we are on. We do not suggest that moving into a retirement community is the best decision for everyone, but we feel confirmed that it is right for us. And, despite the sheltering-in-place requirements of our current lives, we are happy we made this decision.

When the pandemic is over, we'd be delighted to welcome anyone to visit our new home.

Covid 19 Observations

- I hope they give us two weeks' notice before sending us back out into the real world.
- I think we'll all need the time to become our selves again. And by "ourselves" I mean lose 10 pounds, cut our hair and get used to not drinking at 9:00 AM
- Breaking News: Wearing a mask inside your home is now highly recommended. Not to stop Covid but to stop eating.
- I stepped on my scale this morning. It said: "Please practice social distancing. Only one person at a time on scale."
- Not to brag, but I haven't been late to any thing in over 8 weeks.
- They can open things up next month, I'm staying in until September to see what happens to you all first.
- Day 47: The garbage man placed an AA flyer on my recycling bin.
- The dumbest thing I've ever bought was a 2020 planner ...
- The spread of Covid-19 is based on two things:
 1. How dense the population is.
 2. How dense the population is.

STAY SAFE - WEAR A MASK!



The following is the report as of June 30, 2020.

April 1 – June 30, 2020 - Quarterly report

April 1 Beginning Balance \$3688.85

Income

Dues \$25.00

Expense

Newsletter -\$330.09

June 30 Ending Balance - \$3383.76

January 1 – June 30, 2020 – Calendar year to date

April 1 Beginning Balance- \$3839.48

Income

Dues and Contributions \$250.00

Expense

Newsletters -\$705.72

June 30 Ending Balance - \$3383.76

If you haven't had a chance to send in your 2020 membership dues yet, please do so now.

Payments may be made either online at <https://www.ymcaalumni.org> or mailed directly to:

YMCA Alumni

Attn: Bob Hastedt, Treasurer

P.O. Box 120989

Staten Island, NY 10312-0989

I hope everyone is staying safe and finding creative ways to stay safely connected to friends and family during this challenging time.

Respectfully submitted,

Jan Dale, Treasurer

Jan

Important Websites to Checkout:

Y Alumni Website:

<http://ymcaalumni.org>

YAlumni 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.



BE KIND
WASH YOUR HANDS
STAY HOME IF SICK
HAVE FAITH
COVER YOUR MOUTH
STAY POSITIVE
BE KIND

inspire
kindness

What is ISC?

The international Service Corp is a program initiative sponsored by the YMCA Alumni, a fellowship of YMCA retirees in the United States. It is a service opportunity that provides short and mid-term volunteer placement for YMCA Alumni members in YMCAs in other countries.

What kind of volunteer service opportunities are available and for how long?

The scope and the length of each assignment varies based on the needs and the specific request of the overseas host YMCA. There is no minimum length of placement, however, the maximum should not exceed one year. With a large talent pool of former YMCA professionals ready to serve, typical assignments include YMCA administration, program development, fund raising, staff training, teaching English as a second language and board development to name a few.

Who administers the program?

The program is administered by the YMCA Alumni International Service Corp Taskforce. Their scope of work is to promote the program and its benefits to YMCA retirees and develop and maintain a technical resources data bank. In addition, the taskforce identifies, recruits and maintains a list of potential overseas host YMCAs. Through a careful and thorough vetting process, volunteers with the required skill sets are matched and placed with their host YMCA.

How is the program funded and what are the costs?

A special International Service Corp Fund was established in 1982 with funds secured from individual donations, World Service, foundations and Y Alumni chapters. The costs associated with the program is shared by ISC, the host YMCA and the volunteer. Typically, ISC will cover the cost of round-trip travel, visa and immunizations; the host YMCA will provide housing, local transportation, some meals and in some cases a weekly stipend. The volunteer will typically pay for food, personal effects, health insurance and entertainment.

Is there an application process? If so, how can I apply?

There is an application for interested volunteers as well as for host YMCAs. To request an application, please contact **Bob Lomauro**, Taskforce Chairman at leobob50@hotmail.com or call or text 732-489-3350.





**Congratulations and best wishes
to the following couples:**

67 Years

Arnie & Jody Leonard Sept 12

65 Years

Al and Betty Olson Sept 10

62 Years

Dave & Joyce Mercer Aug 23

59 Years

Fred & Sally Stickney Sept 24

57 Years

Robin D. & Ann McDonald Aug 2

Bud & Pam Sheble Aug 31

53 Years

Lanny & Jackie Couvillon Sept 8

51 Years

Larry & Erlene Benevento Sept 20

50 Years

Don & Sallie Huebner Aug 8

Don & Rosella Zerwer Sept 26

47 Years

Dave & Mary Alice Thornton Sept 17

40 Years

Sharon & Vearl Gish July 14

32 Years

Eli & Barbara Cardenas Aug 8

Greg & Chris O'Brien Aug 22

26 Years

Mary & Everett Ascher Aug 6

20 Years

Liz Gallegos & Joe Glynn July 7

Jim Daughn & Joan Dove Sept 30

7 Years

Terri Texeira & Sherry Wright Sept 1



Barbara Balerud	July 1
Larry Benevento	July 4
Sherry Hubartt	July 7
Marcia Homer	July 12
Bud Doane	July 16
Pat James	July 16
Ellie Carpenter	July 27
Diane Haggard	July 27
Sharon Gish	Aug 7
Joyce Starr	Aug 10
Connie Pemberton	Aug 11
Jan Gaeden	Aug 12
Dave Mercer	Aug 14
Sallie Stickney	Aug 15
Erlene Benevento	Aug 18
Ann McDonald	Aug 19
John Youngberg	Aug 20
Don Anderson	Aug 21
Mary DuBois	Aug 21
Bea Halk	Aug 22
Bill Hubartt	Aug 22
Marilyn Hennessey-Librers	Aug 25
Ginny Sprague	Aug 26
Hank Bagelmann	Aug 28
Joanne Newton	Sept 2
Karleen Monroe	Sept 3
Jody Leonard	Sept 5
Diana Allen	Sept 10
Robin McDonald	Sept 17
Pearl Carpenter	Sept 25
Bill Newton	Sept 25
RichHaggard	Sept 27
Marshall Pike	Sept 29



*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

We Remember...



Alan Fong, retired Executive Director of the Chinatown YMCA in San Francisco was called home to his heavenly Father on May 15, 2020. Alan's love for the YMCA started in 1968 where he served with the SF YMCA Inner City, Adolescent Project at a local high school in San Francisco. After serving a year there, Alan went on to serve 3 years (1969 - 1972) at the College YMCA at San Francisco State University.

His professional journey provided many experiences serving the Asian community. Over time, he served as a board member to 54 associations and was a co-founder for 4 non profit organizations including "Asian INC" and "Self Help for the Elderly". In the end, his journey led him back to the YMCA where he retired as the Executive Director of the Chinatown YMCA (1979-1990).

SAVE THE DATE

**the next YAlumni
Reunion is set for
January 12 - 15, 2022
in New Orleans
Hope to see you there!**



Oh no, did you forget?

The McCoy Chapter recruiting and membership renewals are way behind previous years. Many of us do not like to renew online and have ceased mailing a check. If you have not renewed your McCoy membership, please fill out this a simple form below to send with your check. Your \$50 check is split between the Chapter and National Alumni. **If you have paid online but can afford a further gift, it would be greatly appreciated.**

McCoy Chapter and National Alumni Association Dues/Renewals & Contributions Return Slip

Name _____ Spouse Name _____

Street Address _____ Email(s) _____

City/State _____ Zip _____

Home Phone _____ Cell Phone _____

Last YMCA worked for or retired from _____

Birthday (Month & Day) Retiree _____ Spouse/partner _____

Wedding Anniversary (Month, Day and Year) _____

Chapter and National Alumni Annual Dues are combined. McCoy Chapter Dues are \$25 and National dues are \$25 per household. We invite you to include an extra contribution to the McCoy Chapter. We thank you if you can. Contributions are tax deductible, dues are not.

Alumni Dues (McCoy Chapter and National Alumni Dues) \$50.00

Additional McCoy Chapter Contribution _____

Additional National Alumni Contribution _____

Make check payable to YMCA Alumni Total Amount Enclosed: \$ _____

Return to: Jan Dale (*she will record it and then send it on to National*)
McCoy Alumni Chapter Treasurer
2110 Cimarron Drive
Morgan Hill, CA 95037