



The Real McCoy

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

Fall Issue

December 2024
Volume 40, Issue 4

McCoy Chapter 96th Anniversary 1928-2024

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— By
Chris Logan
Chapter President

Comments from Chris

Our visit to Guerneville, Armstrong Woods and to the coast in October was a wonderful opportunity to visit a beautiful part of California and get better acquainted with other Alumni. The weather was perfect. Traveling along the coast or the drive up 101 were picturesque. Thanks to the Program Committee for your great planning! Let us know if you have suggestions for future outings.

Special thanks to **Kathy Catanho and Pam Sheble** for their coordination of our Membership Drive. Also thanks to **Julie Wesolek and Barbara Cardenas** for their leadership for the McCoy Awards which are being awarded.

At our October Board meeting, we voted to do a special Emergency Assistance appeal for those YMCA's and individuals impacted by the two hurricanes on the east coast. Our goal is to raise \$4,500. To date, \$2,000 has been raised!

I am looking forward to seeing you



at our Holiday Party on December 11 at Harry's Hobrau in Redwood City from 11:00 to 2:00.

Mark your Calendar for the Ashland Shakespeare Festival scheduled for April 29 through May 2, 2025. Information on the plays will be sent out as soon as it is confirmed.

Have a wonderful Holiday Season and enjoy getting ready for 2025!

Chris

Chris Logan, McCoy Chapter President

Coming Events

Christmas Luncheon
Redwood City, Dec 11th
Reunion at Sea Cruise
Galveston, TX/Caribbean
January 26 - February 2, 2025
Shakespeare Festival
Ashland, Oregon
April 29 - May 3, 2025





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.

Oregon Shakespeare Festival

Come Join Us! This year's Shakespeare Festival outing in picturesque Ashland, Oregon, features plays, 2 catered meals, and great fellowship opportunities! Once again, we will be home-based at the Holiday Inn Express & Suites, 565 Clover Lane, Ashland (541.201.0202). We have a block of rooms set aside from April 29 to May 3rd for you under YMCA Retiree Alumni. The rooms are \$139 per night, plus tax is \$154.99, and this includes the use of the conference room for our opening social, as well as a place to gather throughout our stay. Amenities include complimentary self-serve breakfast, indoor pool and fitness center, wireless internet, refrigerators, and microwaves in every room. You may cancel without penalty by April 10, 2024.



We are excited about the plays we are seeing this year. They are:

The Importance of Being Earnest **by Oscar Wilde**

Director Desdemona Chiang transports Oscar Wilde's classic comedy of manners to the British Malay Peninsula, a colonial melting pot of South Asian, Chinese, and English communities. Two rakish young men, Jack Worthing and Algernon Moncrieff, opt to navigate Victorian-era expectations of courtship simply by evading them. But when their personas and egos begin to collide, the pair get caught up in a wit-fueled whirlwind of mistaken identities and romantic snafus. This "trivial comedy for serious people" reveals the absurd lengths that humans will go to in pursuit of acceptance, love, and truth.

As You Like It **by William Shakespeare**

The Forest of Arden comes to life in the Thomas Theatre when Rosalind and her cousin Celia escape an oppressive uncle and take to the wilderness. Disguised as a man, Rosalind searches for her true love, Orlando—who doesn't recognize her in her new persona. But anything can happen in the forest, including poems in the trees, star-crossed shepherds, and a band of exiles who become family. Identities are lost and true selves are found in Shakespeare's beloved comedy, bringing its magic to our most intimate theatre in this song-filled, 1960s-infused production by director Lisa Peterson (Hamlet, 2016).

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
Treasurer & Archivist	Pam Sheble pamsheble@comcast.net
Immediate Past President	Fred Stickney fredstick10@gmail.com
Membership Chair	Kathy Catanho kcatanho@pacbell.net
Newsletter Editor	Pam Sheble pamsheble@comcast.net
EAF Chair	Andy Vamis famismamis@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 and Julie Wesolek jwesolek4@gmail.com
Shakespeare Festival	Vacant
Members at Large	Jan Dale hikerjd@gmail.com Greg O'Brien gwob1@hotmail.com

(Continued on page 3)

Oregon Shakespeare Festival (Cont.)

August Wilson's "Jitney" **Directed by Tim Bond**

A ride of redemption and resilience

In 1977, as licensed cabs refuse to service Pittsburgh's predominantly Black "Hill District," a group of Black men run an unlicensed taxi company—the OG Uber, or a "jitney." But when the city threatens to shut down the business and owner Jim Becker's disgraced son returns after a 20-year prison sentence, potent secrets are revealed and the fragile threads binding these people together may come undone at last. Overflowing with the author's signature poetry and hilarious banter, *Jitney* promises to be an unforgettable celebration of community, family bonds, and the endurance of the human spirit.

Come and enjoy all that Ashland has to offer - we love it, you will too! Final arrangements are in process and we will send out a separate communication with all the details and prices in a couple of weeks via email. If you do not have access to email, please call **Pam Sheble** at 650-593-5654 and give her your name and address and she will mail you the information. Come join us and members of the Allen Stone Chapter from Washington and Oregon.. It is loads of fun!

Contributed by: Sally Stickney

Shakespeare Festival Coordinator

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.



NATIONAL SERVICE PROJECT

6 Tiny Homes*9

Nearing Completion



The last of the four Tiny Homes is up, roof on, windows installed, and siding in place.

Now there will be more concentration on the internal finishes. Rough plumbing and electrical,

plumbing fixtures, drywall, and paint. Cabinets and appliances are being ordered. Flooring installed.

Now that we are inside, trades and volunteers can work inside in the relative warmth while the outside temperatures remain in the 30's and 40's. Several volunteers and tradesmen are scheduled for onsite work this winter.

This years scheduled waves are:

- May 6th thru the 13th.
- May 13th thru the 20th.
- September 9th thru the 16th.
- September 16th thru the 23rd.

The next phase will be the Twigs. The original plan was for shipping containers to be updated and placed around the reservation as YMCA Program services sites. There is a possibility that a major foundation may upgrade this plan sufficiently. The Architect is presently working on the plans for the "Twigs". (Program Centers too small to be called Branches).

Grand opening for the tiny homes will be the weekend of September 20-21, 2025. Watch for announcements from Y Alumni office.

Lee Muckey, McCoy Chapter Representative
to National Service Project

Bob Smeenck, McCoy Chapter Y Alumni
National Service Project Construction Committee

Timbers and Tides

Just 2 hours north of the Bay Area, The Highlands Resort in Guerneville was a perfect setting for a great Alumni gathering. The Program Committee, spearheaded by Bud Doane, organized a fun 3 day excursion. Local Alumni resident Donna Roper helped with the arrangements, and all her suggestions were spot-on.



Donna Roper and Bud Doane relax as folks begin to arrive at Timberlands



Relaxing on the patio before we broke out the wine.



We arrived at Timberlands for Happy Hour around the big outside patio. The cabins and rooms were comfortable and there was the added enhancement of "NO TVs". What joy to get away from the unsettling political and international news for a couple of days. After happy hour we followed Donna for the 5-minute drive into town to Timberline for a lovely 3 course dinner. A great salad, followed by Marmalade chicken or Ahi Tuna, were delicious! Cheesecake for dessert capped the meal.

The next day, Julie Wesolek led half of us through 30 minutes of morning stretches before we had a nice continental breakfast on the patio around the fire pit.



The morning activity was a trip to Armstrong Woods, a five-minute drive from the resort. Donna had arranged for a friend of hers, **Glenn Blackley**, who is a volunteer docent at the park, to give us a walking tour. Glenn was super informative and helpful, speaking not only about the history, but also about the nature of a Redwood forest.

Armstrong
Redwoods
State Natu-
ral Preserve





L to R. Pam Sheble, Bud Sheble, Sally Stickney, Fred Stickney, Bud Doane, Donna Roper, Harry Smeenck, Greg O'Brien, Bob Smeenck, Kathy Catanho, Julie Wesolek.

features a small but attractive redwood grove. It's in a canyon near the Russian River and the town of Guerneville. It has the relatively small trees and dense tanoak understory, typical of southern redwood groves, but the deep shade, dense carpet of sorrel and ferns, and the way sounds echo off the trunks gives it some of the otherworldly atmosphere of the best northern groves. It's not very big, and most of the old growth can be seen in a one-hour walk.



The park gets a lot of visitors because it's one of the closest redwood groves to San Francisco, and because it's part of the very popular Russian River area. In fact, although it doesn't feel as busy, Armstrong Redwoods gets almost as many visitors as Muir Woods (about 746,000 vs. 812,000 in 2019).

In 1860, R.B. Lundsford established a lumber camp on the north bank of the Russian River which grew with success and was later known as "Stumptown".



Colonel Armstrong Tree is 308 feet tall, 14.5 feet in diameter and is about 1400 years old

Timber and Tides *(continued)*

In 1867, a 25 year old Swiss immigrant, George E. Guerne, arrived in Stumptown. Guerne purchased land in the area and laid out a subdivision which became known as "Guernewood Park". Guerne



President Chris Logan perched by a stump

also built and operated a sawmill in Stumptown. Before long, Stumptown was renamed for its most important resident and has been known ever since as Guerneville. In 1867 Thomas H. Stone and A. E. Laude established claims on 240 acres of valley property, 3 miles north of Guerneville. These 240 acres are the heart of what is now Armstrong Redwoods State Natural Reserve. This property and 200 adjoining acres were eventually consolidated under the ownership of Colonel James Boydston Armstrong in 1875. After he died it passed to his daughter, Lizzie Armstrong – Jones. Together, with the LeBaron family, they mounted an energetic campaign which used public meetings, rallies, and car-caravans to direct public attention to the need to preserve this last remnant of the once mighty redwood forest.

Their efforts were finally rewarded, and in 1917 the County of Sonoma passed an initiative to purchase the property for \$80,000. This purchase was contingent on an agreement that Lizzie and the LeBaron family each put up \$5,000 of the purchase price as a

donation – not an empty gesture when you consider what value a 1917 dollar had against today's.

The grove was operated by Sonoma County until 1934 when the State took ownership of it as part of the financial arrangement whereby Sonoma Coast State Park was purchased. The grove was opened to the public as Armstrong Redwoods State Park in 1936. In 1964 the grove's status was changed when a greater understanding of its ecological significance prompted a more protective management of the resource. Since 1964, Armstrong Redwoods has enjoyed the status of State Natural Reserve.



Pam Sheble and Sally Stickney enjoyed the hike

After a picnic box lunch at the park, we adjourned back to Highlands Resort for rest and relaxation. By mid-afternoon we consolidated into 2 cars for the 25-minute ride out to Jenner, situated at the mouth of the



Bob Smeenck admires the view at Jenner

Timber and Tides *(continued)*

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Russian River. The views of the coast were magnificent, but a strong wind kept our visit short. On the way back we made a stop for coffee, snacks, and browsing at Duncan Mills, a historic community featuring Antique Shops and Art Galleries. Next was



Greg O'Brien and Judy Wesolek

wine, soft drinks and conversation around the fire bowl. Later that evening we went to "Saucy Mama's" Barbecue for some chicken, ribs, and fish.



Above: Julie Wesolek, Kathy Catanho and Greg O'Brien enjoy their meals

Below: Marcy and Bud Doane and Chris Wesolek



On our last morning, we adjourned to the lodge where we had a brief chapter meeting followed by a presentation from Michelle Head, COO of the Sonoma County YMCA. She spoke of the struggle of the pandemic and the subsequent efforts to build back their YMCA Association. It was very interesting.

Special thanks to **Bud Doane, Donna Roper, and Chris Logan** for making sure we had a fun filled few days amongst the redwoods.



Fred Stickney, Pam Sheble, Chris O'Brien, and Sally Stickney enjoying barbecue

Carl and Mary DuBois (Cottonwood Heights, Utah)

"Hello to All, from Cottonwood Heights, Utah. We moved here from Reno in May for several reasons. We have a much larger apartment here than we had in Reno. This is also a Senior living facility, where we get all of our meals cooked for us. The main reason for moving, however, was to be closer to



our 2 sons. Rick, our oldest, lives in Omaha, which still requires some planning to make a visit. David lives in Park City, here in Utah, and we have been able to spend some really wonderful time

with him and his wife, Brenda.

The picture with the vista of mountains in the background is a selfie we took with Rick on his most recent visit with us. As both sons are commercial airline Captains, travel from Omaha is simplified a little. The other picture is us having lunch on a recent outing with Dave and Brenda before the weather turned colder. The gourmet restaurant we are eating in is the hanger where Dave keeps his private plane. The plane closest to us is his. It was a beautiful weather day, and we all just went out to the airport to enjoy it, and watch the planes take off and land. We believe that airplanes might just be in our Family DNA!"



Our new contact information is: 7235 Union Park Ave., Unit 338, Cottonwood Heights, Utah 84047
Our landline is : (385) 557-2963

Joanne Newton (Dayton, NV) Joanne writes: "I have officially moved to Dayton, Nevada to live with my daughter, Karen and her family. A big change but nice being with family since Bill passed April 1st. Karen and Allen

have 1 daughter 24, a special needs child and 1 son 22. He has a rifle shop in Carson City. Our son still lives in Orangevale, Ca. so will plan trips see him and his family. Still enjoy hearing news of the McCoy Chapter My new address is 111 Fern Way, Dayton NV 89403-7725 Thanks for keeping in touch."



Chris Logan (Palo Alto, CA) Chris made her annual trip with friends to the Filoli Estate in Woodside recently to see their holiday decorations. She said they were fabulous!



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



Treasurer's Report

By Pam Sheble
Treasurer



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Emergency Assistance
Fund

By Andy Vamis

EAF Representative

The following is the report as of Nov 30, 2024

Beginning Balance (September 1, 2024)
\$9744.75

Income (Sept 1, 2024 - Nov 30, 2024)

Chapter Donations	
Anderson	\$75.00
Logan	\$500.00
Donations for EAF	
Catanho	\$1,000.00
Logan	\$1000.00

Events	
Timbers and Tides	\$1,400.00

Total Income \$3,975.00

Expense

Newsletter	-\$405.07
Timbers and Tides	-\$1,509.66
Catanho -Membership Printing	-\$206.88
McCoy Awards	-\$1,500.00
Total Expenses	-\$3,621.61

November 30, 2024
Ending Balance - \$10,098.14

If you have not renewed your membership for 2025, payments may be made either online at

<https://www.ymcaalumni.org> or mailed to:

YMCA Alumni
Attn: Cindy Koenig, Asst. Treasurer
P.O. Box 725
West Chester, OH 45071

Be sure to reference the **McCoy Chapter**.
Thanks!

Respectfully submitted,

Pam
Treasurer

S.O.S. from YMCA of USA

Hi Folks - In mid-October we received an urgent appeal for our National headquarters asking each Alumni Chapter to reach out and ask our members and friends for help. Our board has already responded and hope that as you consider your year-end donations you include the Emergency Assistance Fund this year.

Please read the request below. Be sure to reference McCoy Chapter in any donation.

Thanks in advance, **Andy Vamis, EAF Rep.**

Dear Y Alumni: As of Fri Oct 11th, our EAF has received 361 applications for emergency assistance grants from employees from 10 Corporate Y's across 4 Southeastern States as a result of hurricane Helene, and we are expecting a new rush of applications from the ravages of hurricane Milton. Our Y EAF has exhausted all of the \$250,000. allocated for this year. Y USA and our Y Retirement Fund have each contributed \$25,000 to help. Direct appeal is being made to all rostered Y staff and all major Y Associations with \$26,307 raised to date. Here in Augusta GA, we lost power for a week and still have no internet access. Phill Morgan, our National Y Alumni President, is reaching out to all Y Alumni Chapters. We encourage you to stress the need for your Chapter members to consider supporting our Y EAF at this time of dire needs for our YMCA Colleagues!

Sincerely,

Jim and Mikey Havlick (havlickjim@gmail.com)

Here's a website to directly help give you further information on all activities of the YMCA EAF Program.

www: ymcaeaf.org

If you would prefer to send a check, Make it payable to EAF and send to the address below:

EAF - YMCA Alumni
c/o Pam Sheble, McCoy Treasurer
2730 Sequoia Way
Belmont, CA 94002



Happy Anniversary

**Congratulations and
best wishes to these couples:**

63 Years

John & Jan Fessler Jan 28

60 Years

Jack & Laura Wylie Dec 27

56 Years

Connie & Richard Pemberton
Jan 25

55 Years

Royce & Joyce Starr Dec 16

49 Years

Bud & Marcy Doane Dec 20

22 Years

Diana Garcia & Jacob Zachariah
Jan 17



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

Pam Sheble	Dec 5
Mary Lipscomb	Dec 15
Jane Bostwick	Dec 17
Arnie Leonard	Dec 18
Ralph Drake	Dec 19
Neil Homer	Dec 19
Joyce Mercer	Dec 20
Jim Lipscomb	Dec 21
Rod Carpenter	Dec 22
Diana Garcia-Zachariah	Dec 24
Jan Murphy	Jan 5
Dave Thornton	Jan 7
Maynard Bostwick	Jan 9
Vearl Gish	Jan 10
Lee Muckey	Jan 12
Patricia Reed	Jan 17
Carolyn Wylie	Jan 20
Jack Wylie	Jan 21
Joan Dove	Jan 23
Jane Holt	Jan 24
Terri Texeira	Jan 29
Robert Holmgren	Jan 31
Chuck Osborn	Feb 5
Nancy Houser	Feb 6
Roberta Duncan	Feb 7
Eli Cardenas	Feb 13
David Kirk	Feb 16
Don Huebner	Feb 21
Barbara Cardenas	Feb 24
Bill Mayer	Feb 25
Liz Gallegos-Glynn	Feb 28
Joe Glynn	Feb 28
Royce Starr	Mar 13
Maria Garcia	Mar 20
Kathy Catanho	Mar 23
Deane Shokes	Mar 25
Bob Smeenk	Mar 26
Carl DuBois	Mar 28



*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

**HAPPY
NEW
YEAR**

