

Fall Issue

September 2025
Volume 41, Issue 3

McCoy Chapter 97th Anniversary

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National Service Project



Opening Celebration (Photo curtesy Randi Sidman-Moore)

Phase 1 of National Service Project is Finished!

Submitted by Lee Muckey

The first phase of the YMCA Alumni National Service Project was completed with the Ribbon Cutting Celebration for four tiny homes on September 21 near Dupree, South Dakota. After the event and a final inspection of the homes, the keys were turned over to the YMCA of the Seven Council Fires.

The YMCA will use the homes to provide transitional housing for young families. Families will live there for eighteen months, experiencing an independent life and accessing a variety of social services including classes on finance and budgeting, parenting, cooking and healthy foods, and many more. 23 volunteers completed the work of 220 volunteers in 22 Waves over four years, arriving September 16 to finish the interiors, outside painting, landscaping and final cleanup of the tiny homes. 25 other Y-Alumni and previous wave volunteers joined them for a weekend of celebrations.

Coming Events

Central Coast Trip -

Cambria, CA - Oct 15 - 17

Holiday Party

Location TBD - December 2025

Hawaii Big Island Adventure

Hawaii February 16 - 20, 2026



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

Y Alumni Mission Statement

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

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

It is published four times a year: Spring, Summer, Fall and Winter. Articles and news for inclusion should be received by the 1st of the month of publication.

Submissions may be sent to Pam Sheble by e-mail (see emails in next column) or mailed to Pam at 2730 Sequoia Way, Belmont, CA 94002.



McCoy Chapter Board

as of March 2025

President	Chris Logan christine.logan@gmail.com
Vice President	Bud Doane Budoane@yahoo.com
Secretary	Jan Dale hikerjd@gmail.com
Treasurer & Archivist	Pam Sheble pamsheble@comcast.net
Immediate Past President	Fred Stickney fredstick10@gmail.com
Membership	Vacant
Newsletter Editor	Pam Sheble pamsheble@comcast.net
EAF Chair	Andy Vamis famisvamis@gmail.com
National Service Project Chair	Lee Muckey lee@muckeys.com
International Chair	Tracy Muckey tracy@muckeys.com
McCoy Award/ YPN Liaison	Barbara Cardenas cardenasx3@aol.com
	Julie Wesolek jwesolek4@gmail.com
	Sue Steph suesteph04@gmail.com
Shakespeare Festival	Sally Stickney annstick42@gmail.com
Members at Large	Greg O'Brien gwob1@hotmail.com
	Kathy Catanho kcatanho@pacbell.net



— By
Chris Logan
Chapter President

Comments from Chris

Summer seems to be getting shorter! My sunflower harvest is finished and the grand-kids are back in school. I appreciate the patience that the kids have as they help me learn better ways to use my iPhone, Ipad, and computer. Their "operating systems" adapt to change much more quickly than I do. I treasure the time we have together in person, through FaceTime or Zoom learning about our lives.

Our Nominating Committee is looking for members interested in serving on the Board or on the Program Committee in 2026. Contact **Bud Doane** for information about these opportunities.

MARK YOUR CALENDAR!

McCoy Board Meeting will be a Zoom Meeting on October 8 from 10:00 - Noon.

Join McCoy friends at the **Central Coast Adventure October 15-17**. We will visit Hearst Castle, Moonstone Beach, Sensoria Field of Light and visit the elephant seals

2026 Y-Alumni Big Island Hawaii Adventure, February 16-20. A great time to connect old friends and make new friends.

Chris

McCoy Chapter President

National Service Project

McCoy member **Bob Smeen** served on the NSP Standing Committee for 3 years, then worked researching and ordering tiny home appliances and amenities for the last 2 years. **Lee Muckey** took Bob's place on the Standing Committee in early 2024 and chaired the Ribbon Cutting Subcommittee for the tiny homes. **Lee and Tracy Muckey** worked as volunteers in Dupree on two waves, September 2023 and September 2025.

Saturday night's dinner was attended by 97 Y-Alumni Wave Volunteers, YMCA staff and board members. **George Painter**, project manager, presented a history of the 5 years of preparation and work on the tiny homes. **David West**, Director of the Lakota Cultural Center, gave a keynote address about life on the reservation and the impact of the tiny homes on the Dupree, SD, community. Key local partners to the project were recognized, as were **George and Lou Falk**, NSP Service Project Standing Committee Chair.

Sunday's Ribbon Cutting was attended by 190 volunteers and community members, who enjoyed a free barbecue lunch and entertainment by Lakota drum group **Wakinyan Maza**, singer/dancer **Jacki Bird** and dancer **Ahanni Knight**. Roughly 250 additional online visits were made via the YouTube livestream of the event.

The tiny homes are considered "passive structures," meaning they use natural influences like sunshine and ventilation to maintain climate control and use up to 90% less energy than conventional homes. The 493 square foot homes include fully equipped kitchens, sleeping quarters, washer-dryers, TVs, internet connections, etc.



Lakota Drum Group entertains the guests



Lou Falk - NSP Chair

(continued from page 1)

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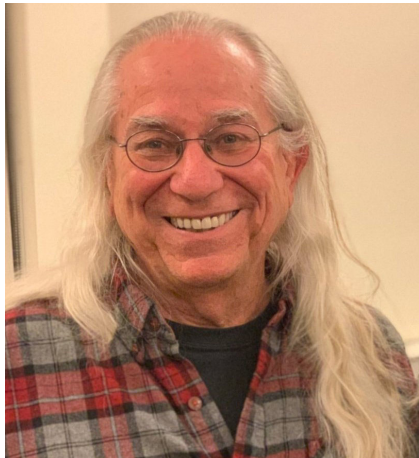
Phase 2 of the National Service Project will be the construction of a demonstration "Twig," a small program branch located in the reservation community of LaPlant, SD. Work will begin in early 2026.

Dancer Ahanni Knight
(Photo courtesy of Randi Sidman-Moore)



Member News

Don Carney (Fairfax, CA) – Don recently checked in. "I worked for the Marin Y for 20 years. In 2020



due to the Y's exclusive focus on providing child-care to essential workers during the pandemic, I had to take the Youth Court program I was running at the YMCA independent and form a nonprofit. We are now called Youth Transforming Justice and

, five years later we are thriving. I truly appreciate the Y's launching the program back in 2004, the Y provided a solid foundation for the program that has kept over 3,500 youth out of the probation system."

Ralph and Barbara Drake (Reno, NV) – received this note from Barbara. "Sorry to report that Ralph has been diagnosed with Alzheimer's Disease and, while not a shock, it is a grim reality for our family. I am the primary caregiver, but our 3 adult children have visited now and then to help out. I hope to enroll Ralph in a good day program this fall. Lots of paperwork and doctor reports! We had a nice visit to Portland in May and went back to Michigan in late June for a family reunion. We will fly to Portland for Thanksgiving where we always rent a house on the coast for a week. I miss seeing all of our YMCA friends and send our best wishes to everyone!"



Barb and Ralph with Grandson Nick Smith in July

Chris Logan (Palo Alto, CA) "Thomas Dombo's TROLLS are featured at Filoli through November 10.



The Trolls that have come are here to teach humans how to rediscover nature and inspire humans to be good stewards of the earth. The sculptures are created from reclaimed materials and are delightful. Six Trolls are located in Filoli's Natural Lands for guests

to discover on their adventures through the property. You have the opportunity to walk about a mile through the woods to visit all six. My granddaughter, Carmela, and I had a wonderful visit."



Dave and Joyce Mercer (Vancouver, WA) "We spent the summer on a cruise on the lower Mississippi River. A highlight was visiting Elvis' home, Graceland. Then we went up the Tennessee River on another cruise. This is where all the Tennessee Valley Authority (TVA) projects during the Roosevelt Administration were built. Did not know this. It is fascinating. In October, we will be completing the Mississippi on a cruise from Minneapolis to St. Louis. We travelled on American Cruise Lines. They have 23, 125-175 passenger ships, mostly river and costal trips. We give them an "A" and have taken 10 trips with them. We had a great summer. Just got news that our second great grandchild will be born in February. Exciting!"



More Member News

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Karen Nutter (McKinleyville, CA) Karen reported on her 86th Birthday Party in June. "Evidently it started with an idea from daughter Lynette to celebrate my 86th BIRTHday with an art show illustrating the history of my art. She shared this idea with our friends Amy



& Steve Bohner who have successfully built BOLT, a whiskey brewing system & tasting room where they hold food events & private parties. The whole experience was incredible, fantastic, full of LOVE & JOY.

Looking across the first room filled with probably 100 people, all talking & laughing & celebrating with each other, were friends, old & some new, enJOYing each other. I had a designated place to sit in this room where I could watch all of the interactions as I greeted, hugged, chatted, reminisced, & laughed with my friends, some I had not seen in too many



years. When I entered the room filled with my art, it was already filled with viewers. It was like walking into a live cell pulsing with energy. This was so special. So unique. Pieces of my work hung from

barrels, or were laid out on tables. Also on display were my journals and writings. Daughter Lynette's welcome & introduction to the video was fantastic. She took over an hour's worth of video and edited down to under 8 minutes



Tessa had made cards explaining the history, prompt, or theme of every piece. More fans came up to talk with me, now including conversations about the pieces in the room. More uplifting JOY."



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

An Introduction to the California Alliance of YMCAs

By Dan Crocker,
Director of Association Resources California Alliance of YMCAs

Next year the YMCA will be celebrating 175 years in America. Much has changed with the Y.M.C.A. since Thomas Sullivan brought the Y mission into American life in 1851. What we all now just call "the Y" is not just for men or people of a particular faith and certainly not just for the young. Millions of Californians of all ages engage in YMCA healthy living, youth development and social responsibility programming every year.

What has stayed firmly in place is that we are an "Association". YMCAs began collaborating from the very beginning and have historically been organized into area "chapters", neighborhood "clusters", or regional "fields". Although known by different names, these connected groups of Ys have continued the tradition of sharing ideas, learning from one another and organizing support for Y staff and volunteers...demonstrating that we are Better Together!

Currently, Ys are organized into state and regional "alliances". The California Alliance serves the 28 Y associations and 167 branches in the state. It exists to support California YMCAs and leverage our collective impact through advocacy, technical assistance and facilitating trusted relationships through a wide range of partnerships. You can learn more about how the Ys in California are supporting each other by visiting the site <https://www.ymcasofca.org>. You can also read the quarterly newsletter that shares stories of impact, collaboration and community strengthening throughout California.

I joined the California alliance in 2021 after serving as a CEO in Ashland, Oregon. I had been in a similar position for 11 years in the alliance serving Washington, Oregon, Nevada and Arizona. I have enjoyed getting back into alliance work with the amazing YMCAs in California. Our small but committed team of five alliance staff approach each day with the desire to help Ys grow and deepen their impact on their communities.

My Y career started in 1988 as a camp director at the Seattle Y for a decade. I also spent ten years in Salem Oregon, where I was the CEO. Those experiences served me well in my current role where I provide technical assistance to California Ys in the form of strategic planning, board governance, program development, capital and campaign support and general operations.

Serving as a strategic partner for YMCAs has been a very rewarding experience. You never know what you're going to get, as the challenges and opportunities facing each Y are distinctive. Having served in large associations and small independent Ys in multiple states, I understand the subtle differences between each Y. I have come to realize that the number one trait for a person in my position is to be fully present, focused on that local Y's unique board, facility, staff team and community. A cookie-cutter approach doesn't work. Learning about each Ys unique situation keeps the work fresh with each new project. Many of you share a history with California's Ys. As I travel the state engaging Ys in increasing their impact, I hope that our paths may cross and that we can share some meaningful and fun YMCA stories!



McCoy Awards

In June of this year, requests were sent out to our eight McCoy Association members asking for nominations for the McCoy and Outstanding New Director Awards. The deadline just passed (September 12), and we're happy to announce we received 11 nominations, nine for the McCoy Award and four for the Outstanding New Director Award, from four YMCA Associations: San Francisco, San Joaquin County, Shasta Family, and Silicon Valley.

Next up, Julie Wesolek, Sue Steph, and Barbara Cardenas have the tough task of reviewing the applications and making two big decisions. After a cursory review, it's clear there are some highly impactful programs being offered to our communities by exceptional Y staff. The McCoy Award winner will receive \$1,000 and the Outstanding New Director will receive \$500. We expect to present the awards this fall.

Treasurer's Report



By Pam Sheble
Treasurer



The following is the report as of Sept 30, 2025

Beginning Balance
(April 1, 2025) **\$13,191.51**

Income (April 1 - Sept. 30, 2025)

- | | |
|---------------------|----------|
| • Chapter Donations | \$150.00 |
| • Events | |
| Cambria Trip | \$600.00 |
| Steinbeck Visit | \$110.00 |

Total Income **\$860.00**

Expense

- | | |
|--|-----------|
| • Newsletters | -\$515.17 |
| • Cambria Trip Tickets | -\$945.00 |
| • Steinbeck Tickets | -\$108.30 |
| • Shakespeare Meals | -\$765.73 |
| • Donation to YMCA of Superior
California | -\$100.00 |

Total Expenses **-\$1,489.20**

August 31, 2025

Ending Balance - **\$11,617.31**

Important Websites to Checkout:

Y Alumni Website:

www.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://ymcatravelclub.org>

YMCA Retirement Fund Website:

<https://www.yretirement.org/default.aspx>

Online readers click below:

McCoy Alumni Facebook Page

Printed copy readers go to:

**www.facebook.com and search for
McCoy Chapter Alumni.**



Pam



2026 Y-Alumni Big Island Hawaii Adventure

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

Dates: February 16-20, 2026

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

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

Costs:

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

Program:

Monday, Feb 16 - Welcome Dinner

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

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

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

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

How to Join In

Step 1: Register for Trip

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

Step 2: Reserve Hotel Room

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

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

Questions? Contact John Ciambrone (jaciambrone@gmail.com, 805-570-3586)

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

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



2026 Y-Alumni Big Island Hawaii Adventure Registration form

Jim Leigh says, "PLEASE, fill out the form completely!"

Name(s) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ e-mail: _____

I'd like to register for:

Y-Alumni Big Island Adventure

____ people @\$275 each \$_____

Total: \$_____

Mail Registration form with your check to:

*Jim Leigh, Treasurer, Allen-Stone Y-Alumni Chapter
7760 Angel Falls Way
Redmond, OR 97756*



Congratulations and best wishes to these couples:

71 Years

Robert & Maria Garcia Oct 17

66 Years

Carl & Mary DuBois Nov 22

61 Years

Jack & Caroline Wylie Dec 27

56 Years

Royce & Joyce Starr Dec 16

50 Years

Bud & Marcy Doane Dec 20

44 Years

Richard & Eileen Stolee Nov 28

26 Years

Bill & Sherry Hubartt Oct 9
Rod and Ellie Carpenter Oct 23

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



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

Jim Daughn	Oct 5
Edith Stratman	Oct 5
Jo Bagelmann	Oct 9
Aimee Majer	Oct 12
Donna Roper	Oct 12
Gerogette Porter	Oct 14
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
Kelly Vamis	Nov 15
Steve Rogers	Nov 17
Madelaine Stiver	Nov 18
Jerry James	Nov 22
Dee Bright	Nov 23
Ginny Yeater	Nov 26
Sally Huebner	Nov 28
Steve Prather	Nov 28
Pat Bergthold	Nov 30
Don Carney	Dec 1
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
Carma Gregerson	Dec 30

