



The Real McCoy

Newsletter of the McCoy Chapter of the Association of YMCA Retirees, Serving Northern California and Northern Nevada since 1928.

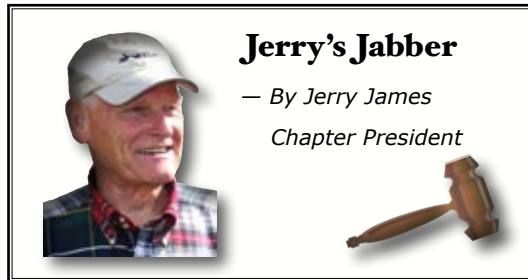
Fall Issue

November 2010

Volume 19, Issue 4

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Jerry's Jabber

— By Jerry James
Chapter President

Little Things Mean A Lot

Every year at Thanksgiving I give each family member three grains of corn after I give some historic comments about the early Pilgrims. Then I ask each family member to share briefly three things that make them thankful this season.

My mother-in-law was the worst at using commas and semi-colons to keep adding to her thankful list. At our house, there were generally tears of joy as we recounted God's blessings over the past year. My list was usually one of giving thanks for my God and Savior Jesus, a very fulfilling career in the YMCA, still loving my high school girlfriend, and knowing the joys of being a father and grandfather. But, this year, I want to make a list of the little things I appreciate in life.

Do you remember the old song, "Little Things Mean A Lot?" It was sung by Kitty Kallen in 1954 and also by Willie Nelson. The first verse begins,
*Blow me a kiss from across the room
 Say I look nice when I'm not
 Touch my hair as you pass my chair
 Little things mean a lot.**

We hear so many things from the media that sometimes we have the tendency to

— continued on page 2

**YOU are invited to
 The McCoy Chapter's
 14th Annual Christmas Party
 in Novato at the Hanzliks
 December 9th
 11:00 am to 2:30**

It is the season to be merry at Mary and Marty's annual McCoy Christmas Party in Novato. There is no better way to launch the Christmas Season. It will be on Thursday, December 9. Arrive around 11:00 am. Lunch will begin around 12 noon and will cost \$5 per person.



Come and enjoy the food, fun and fellowship. Bring one nicely wrapped "white elephant" or small gift (maximum value \$10) per person for the gift exchange. (giftng okay)

Please RSVP your attendance to M & M by December 3rd - (415) 892-2525 or mmh845@verizon.net

See page 2 for directions...

Mark Your Calendars Now...



Dec 9	McCoy Christmas Party at the Hanzliks
Mar 17	St. Patrick's Day Davis Cluster
Apr 26-29	Oregon Shakespeare Festival



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

**AYR
Mission
Statement**

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

The Real McCoy is the Newsletter of the McCoy Chapter of the Association of YMCA Retirees.

It is published four times a year: February, May, August and November (give or take a month). 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 Editor **Don Zerwer** by email (dzerwer@sbcglobal.net), mailed to him at 483 Bullion Mine Ct., Lincoln, CA 95648, or mailed to Al Olson using the form on page 12.

Jerry's Jabber – continued from page 1

not be very thankful. I think it would be good this Thanksgiving season to compile a "little things" list. Here are 5 of my tiny blessings:

1. Green beans cooked in bacon grease—really cooked, not steamed.
2. Sunrises and sunsets on our ranch.
3. Seeing a newborn calf take her first wobbly steps.
4. Reading "Pickles" now that I have met the artist!
5. Seeing our 3 dogs being so excited to see me when I come home as if I had been gone for months.

I would like to see lists of my McCoy chapter friends, too. Send them on over to jerjames@aol.com, so I can enjoy them with you.

And Happy Thanks-living!

*Song by Edith Lindeman and Carl Stutz

Jerry

Jerry James
McCoy Chapter President

Christmas Party – cont'd from page 1

Directions to the Hanzliks Home at 845 Eucalyptus Ave, Novato, CA:

From north or south on Hwy 101 take the San Marin Exit west about 3 - 4 miles to Novato Blvd, turn left 2 long blocks, then turn right on Eucalyptus 2 1/2 blocks, 845 is on the right.

From the East on Hwy 37 take the Atherton Ave off-ramp, head west and continue across Hwy 101 As Atherton becomes San Marin Dr, then follow the above directions.

Parking can be a problem, so park in their driveway, the circular drive at 841, behind their motorhome or down the street. (Sorry, can't park directly across the street any longer)



New AYR Logo

Did you notice the new AYR logo in the masthead of this newsletter? We changed our name a year ago from NAFYR to AYR and the national AYR Board appointed a Strategic Planning Committee to conduct a Logo Contest among AYR Chapter Members. The contest recently ended and the winning entry was submitted by **Peter Gabel**, Denver, Colorado, a member of **Weidensall Chapter**. Congratulations Peter!



Don't throw away your shirts with the John 17:21 logo, they are now collectors items.

McCoy Chapter Board

President	Jerry James (916) 645-7046
Vice President	Bill Newton (916) 988-6390
Secretary	Lou Prock (510) 727-0275
Treasurer & Archivist	Al Olson (530) 547-7136
Editor	Don Zerwer (916) 408-2798
Immed. Past Pres,	Betty Olson
AYP EAF	Pearl Carpenter (530) 750-2519
AYP Liaison Health	Lou Prock Doug Sprague (530) 541-8960
International	Carolyn Ortmeyer (530) 747-6167
Membership	Betty Olson (530) 547-7136
Shakespeare Festival	Ralph & Barbara Drake (775) 786-6818

This is the 22nd year that the McCoy and Allen-Stone Chapters have attended the OSF. We go back year after year because of the excellent plays, wonderful fellowship and reasonable costs. Ashland itself is a great place to visit with its variety of restaurants and quaint shops adjacent to beautiful Lithia Park. The dates are **April 26 - 29, 2011** (3 nights). McCoy members **Ralph and Barbara Drake** are co-chairs again.

We'll again be staying at the **Best Western Windsor Inn**, Ashland. We expect the price to be the same or close to what we paid last year. Our group gets a special rate. You will make your own motel reservations.

The **cost** of the three plays and two dinners is expected to be about the same. An optional 4th play will be available on Friday, April 29 and if you add it to your registration you will need to add an extra night to your hotel stay.

Complete information and Registration Form will be in the February Real McCoy.

The three-play package includes:

Measure For Measure by William Shakespeare

Who legislates morality? The Duke's authoritarian deputy, Angelo, is hell-bent on stamping out moral decay. He reactivates outdated Draconian laws and aims his arrogant crosshairs at a young man whose fiancée is pregnant, sentencing him to death. Angelo is sternly incorruptible – until he meets Isabella, a religious novice whose desirability arouses him. This vigorous, modern production of Shakespeare's tragicomedy is a toxic mix of our timeless obsessions – sex, religion and politics.

The Imaginary Invalid by Moliere, Adapted by Tracy Young and Oded Gross

Is there a doctor in the house? The wealthy Argan is a housebound hypochondriac with every disease in the book. Lurking around are quacks only too happy to (mis)treat him. Family troubles, including a money-grubbing wife and two headstrong daughters, add to Argan's miseries. Moliere's 17th century comedy receives an injection of 1960's French pop culture. Warning: Excessive laughter may be hazardous to your health.

To Kill A Mockingbird by Christopher Sergei, based on the novel by Harper Lee

This well-known Pulitzer Prize-winning novel is renowned for its warmth and humor, despite dealing with serious issues of rape and racial inequality. A sultry summer in 1930's Alabama suddenly shifts for Scout, when her father defends a black man unjustly accused of raping a white woman. One critic writes that Atticus Finch, the story's protagonist, is one of the most enduring fictional images of racial heroism. This adaptation makes a gripping drama and presents its story through the eyes of children in a captivating way. Based on the Pulitzer Prize-winning novel that, 50 years later, still prods our national moral conscience.

The optional fourth play, held on Friday, April 29 is:

The Language Archive by Julia Cho

George is a brilliant linguist whose lifework is capturing the world's vanishing languages. Speaking of vanishing, George's wife is headed out the door because he can't find the right words to express himself. At work, George's assistant is mute with adoration for him. Enter the last two speakers of the Ellowan language – the long-married Alta and Resten, a funny and fractious truth-talking couple. Cho's magical prize-winning tale, loaded with life's contradictions – love and loss, happiness and pain, endings and beginnings – explores the force and failings of words. (Strong language)



Measure For Measure



The Imaginary Invalid



To Kill A Mockingbird



The Language Archive



News From McCoy Members

Pearl & Raymond Carpenter (Davis, CA) – Raymond has now been installed as Commander of his VFW Post. See attached photo. Congratulations! Pearl is busy working on AYR's Reunion 2011 Planning Committee and is in charge of hospitality. She really knows San Diego since she and Raymond lived there when she worked for the YMCA of San Diego County. See her article on page 6.



Dale & Lois Greenlee (Ukiah, CA) – Great to hear Marty and Mary are taking a cross-country trip. Lois and I are still kicking and ready to kick our 42-year-old single son out of the house. He's been unemployed 18 months and has 2 college degrees.



Mary & Marty Hanzlik (Novato, CA) – We just got back from a month's trip in our motorhome from US shore to shore. Left 9/11 from home and drove East, stopping in Nebraska to see **Jo Albrecht** (widow of Lou YMCA Camp director in SF). Proceeded to Mary's 65th High School reunion in Washington, Iowa. Still feeling OK we proceeded to West Harford, CT to see daughter Martha, Maureen and Macy. There we got a great tour of ESPN where Martha is a Supervising Director. (Photo shows Marty and Marti in one of the studios) Headed back West, stopping in Reading, PA to see **Frank & Dee Kiehne** (Retired YMCA) for dinner one evening. Then Marty pushed on the pedal for home. The drive from Denver to



Grand Junction was spectacular, but the greatest sight was out of Vallejo seeing Hwy 37 and Marin Co. Don't ask us about the gas bill!!! Had a great time.

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Lanny & Jackie Couvillon (Novato) – "After two years of full retirement and dealing with a few health issues I am back at work. **John Youngberg**, retired Chief Development Officer from the Valley of the Sun YMCA in Phoenix, is working with me on a

\$10M project to build a new Air Museum at Travis Air Force Base. Working 3 days a week and wondering where the time is going."

Jean Crichton (Kenwood, CA) – **Lori Crichton** (Jean's daughter) reports that her Mom, **Mary Hanzlik** and **Jo Albrecht** collaborated on writing a 22-page booklet titled "San Francisco Y-Wives' Memories." It is a collection of memories that Jean, Mary and Jo wrote of their experiences in the "Y-Wives". Lori took each of their stories, along with some old photos, and assembled it into the booklet. "I believe Mom plans to bring a copy to the Christmas Party to show everyone."



Photo at left is on the cover of the SF Y Wives booklet. Photo on right: back row – Jean Crichton, Emma Lou Day, Jo Albrecht; front row: Lois Hornstra, Irma Richards, Mary Hanzlik.

Betty Gibbs (Chico, CA) – "Yes, I blew out all the candles on the cake. Fortunately they only had 9 instead of 90! My family put on a wonderful dinner party, attended by over 65 friends and relatives, some who came from Illinois, Indiana and So. California. Thanks for lovely cards and greetings sent by some McCoy folks."



Nancy Houser (Bakersfield, CA) – "2010 has been a fun year with a cousins Reunion in Las Vegas; a Pismo Beach Elderhostel (now called Road Scholar) in Burlingame with classes in music of the movies, Broadway and Jazz (wonderful). Coming up: a cruise to Bermuda in September and a local Elderhostel in October. On **Betty Gibbs** turning 90, a man at the Elderhostel asked if I knew Betty. Love and blessings to all the McCoy's!"



Jerry & Pat James (Lincoln, CA) – Jerry and Pat James are off to the Caribbean to enjoy Nassau, Coco Cay, and Key West on a cruise with their granddaughter, Brenna and a friend of hers. The Jameses have made it a practice to take each

More News From McCoy Members

of the granddaughters on a road trip when they are about 5 and on a cruise with a friend when they are 13. This cruise is hosted by Third Day, one of their favorite groups. Expect to see "more" of them (and maybe pictures) after they visit the buffet lines for several days!



Jim & Mary Lipscomb (Albuquerque, NM) just returned from a 16 day cruise in the Baltic. Visited all of the Scandinavian capitals plus Berlin and St. Petersburg.

Dave & Joyce Mercer (Portland, OR) – "Joyce and I traveled for 33 days in a small motor home in Germany, Greece, Italy, Austria and San Marino. Went with 22 other people on an organized tour. Learned more about ancient Greek gods than I ever wanted to know. Egad. Great trip. Now off to Las Vegas with John and Gail Danielson for 4 days."



Ginny & Doug Sprague (South Lake Tahoe, CA) have had several big events recently. In mid September, Doug went to a Y-Camp Reunion at the West Valley YMCA in Reseda, then they both enjoyed the McCoy "Reno Rendezvous", followed immediately by a ride, with railroad buff friends, on the restored Virginia & Truckee RR from Carson City to Virginia City and back. In early October, they went to Southern California for Doug's 60th High School Class Reunion, and hurried home to put Ginny on a plane to go to her 50th High School Class Reunion six days later, near Harrisburg, Pennsylvania.



On the memorable date of 10/10/10 they attended Don's 60th Van Nuys High School Class Reunion. He was heavily involved in many aspects of it. (In case you haven't guessed it, Doug Sprague and Don were classmates and friends at VNHS) We've nick-named our 2 grandsons K1 and K2. Krischan (K1) is 2 years old and Konner (K2) is 4 months old. Rosella sneakily took this photo of Don and K1 half way through watching *Thomas The Train*. Happy Holidays to Everyone.

Don & Rosella Zerwer

(Lincoln, CA) – Don & Rosella continue to make a monthly trek to Southern California. On the memorable date of 10/10/10 they attended Don's 60th Van Nuys High School Class Reunion. He was heavily involved in many aspects of it. (In case you haven't guessed it, Doug Sprague and Don were classmates and friends at VNHS) We've nick-named our 2 grandsons K1 and K2. Krischan (K1) is 2 years old and Konner (K2) is 4 months old. Rosella sneakily took this photo of Don and K1 half way through watching *Thomas The Train*. Happy Holidays to Everyone.



McCoy Program Award

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At a recent meeting of AYP Chapter 82 **Dan Logan** and **Ron Markillie** presented the annual McCoy Chapter Program Award to **Danny Koba**. Danny is Youth Sports and Outreach Fitness Director of the Palo Alto Family YMCA, branch of the YMCA of Silicon Valley. The Award included a \$150 stipend and a plaque.

Danny Koba contributed hugely to the City of Palo Alto's efforts to build teen emotional and social health through **Project Safety Net**, in direct response to the five deaths by suicide of Palo Alto teens last year. He unselfishly did not seek any personal credit for his role but acted for the good of the entire community, not just YMCA members, participants, or staff. Danny's compassion is one of his greatest gifts.



As a member of Project Safety Net, Danny accomplished the following:

- Inspired our Youth & Government Delegation to write a bill requiring a class of social and emotional health in statewide schools.
- Spent countless hours coordinating our Youth Forum with the City of Palo Alto, Youth Community Services, and Palo Alto Unified School District.
- Worked with Youth & Government Teens to develop leaders that facilitated with the Youth Forum and brought out great feedback from the over 100 teens in attendance.
- Personally led several sections of the Youth Forum, inspiring families, teens, and local community leaders with his vision for Palo Alto.
- Help secure the first launch of the developmental asset survey in the Palo Alto School District this fall.

Congratulations Danny!



Left to right: Ron Markillie Danny Koba and Dan Logan



**McCoy Chapter AYR Financial Report
Fiscal Year Summary Report
10/1/09 through 9/30/10**

INCOME

Reno Conference	1,090.00
Shakespeare Experience	5,149.95
Brotherhood/YMCA World Service	303.00
Interest	15.98
Member Contributions	876.00
Membership Dues	1,300.00
Chapter Meetings	336.00

TOTAL INCOME **\$9,070.82**

EXPENSES

Chapter Meetings	1,340.65
Office Supplies	108.31
Program Awards	207.07
Real McCoy Newsletter	1,434.37
Reno Conference	1,200.00
Shakespeare Experience	3,265.05
Brotherhood/World Service/YMCA	<u>253.00</u>

TOTAL EXPENSES **\$7,803.45**

Fiscal Year Net Total **1,267.37**

Balance Forward 10/1/09 **5,936.59**

BALANCE 9/30/10 **\$7,203.96**

Submitted by:
Alvin M. Olson, Treasurer
October 28, 2010



Dear McCoy AYR Members,

Right now your thoughts are focused on the upcoming holiday season, but soon the holidays will be over and we'll be welcoming in 2011. And we all have a wonderful event to look forward to – the AYR REUNION 2011 in San Diego in September. You all received the 3-page e-mail announcement recently featuring the entertainers and speakers. The opening event will feature singer/songwriter Brad Fitch performing a John Denver Tribute concert. On Friday night a Sock Hop with "Bessie & Beulah" will provide laughs galore. Expect to enjoy laughs and lots of prizes throughout this wonderful reunion.

Some of the new components this year include:

- A Recognition Program to recognize persons who may not have been honored during their active careers in the YMCA,
- A limited amount of financial aid will be available to each chapter. The guidelines for applying for assistance will be available by the end of January, 2011.
- The opportunity on the Registration Form to ask to share a room.
- Some free afternoons to enjoy the local sites around beautiful San Diego.

This reunion is a wonderful opportunity to meet and network with your YMCA friends from all over the country. Among the several small group events will be Chapter get-togethers, a Physical Directors reunion and a HR officer reunion.

The registration packet should be out by Thanksgiving. Early bird registration is January 1 – April 1, so put the packet in a safe place during the holidays to bring out the first of 2011 to sign up for the best reunion ever!!!!!!

Pearl Carpenter
Reunion Committee
Hospitality

“ Renew The Spirit...Fun, Friends, Fellowship”

McCoy Chapter's Reno Rendezvous

September 28 - 20, 2010



This cake commemorates the McCoy Chapter's 82nd Birthday and farwell to the old logo.



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22 McCoy Members enjoyed a combined Annual Meeting and Conference held at the El Dorado Hotel & Casino. One of the highlights was the spectacular "La Grand Cirque" live stage show.



Rich Hill's update on the Y Retirement Fund was informative and reassuring.



Rich Hill just happened to have a few golf balls to auction off for Y World Service at an evenings fellowship hosted by the Drakes in their home.



President Jerry James assisting Barbara Drake in the cutting of our 82nd Birthday cake.



"Pickles" cartoonist Brian Crane did a great job of entertaining the group. This drawing will be auctioned off for Y World Service in Ashland.



Carl Dubois thanking Brian Crane for helping to explain to the younger generation what its like to be a senior.



Does anyone know what Raymond Carpenter did to end up in the Virginia City Jail? Pearl is currently trying to raise bail. An EAF grant?



President Jerry James conducting the 82nd Annual Meeting, during which he shared his thoughts on the changes taking place in the YMCA.



Pearl Carpenter giving reports on EAF grants and the AYR Reunion 2011 in San Diego.



Ralph Drake giving a pre-view of the 2011 Oregon Shakespeare Festival in Ashland, OR.



VP Bill Newton and President Jerry James presenting Betty Olson a plaque for her outstanding service as President (twice) and VP West.



**MERRY
CHRISTMAS**



Happy Anniversary

Congratulations and best wishes to the following couples:

59 Years	
James & Betty Dixon	Dec 8
54 Years	
Gordon & Sandra Metzger	Dec 23
51 Years	
Bill & Joanne Newton	Dec 27
50 Years	
John & Jan Fessler	Jan 28
49 Years	
Dale & Lois Greenlee	Jan 13
46 Years	
Jack & Carolyn Wylie	Dec 27
44 Years	
Manley & Catherine Moulton	Dec 4
42 Years	
Doug & Ginny Sprague	Dec 8
41 Years	
Royce & Joyce Starr	Dec 16
40 Years	
David & Pamela Warfe	Dec 19
35 Years	
Belvin & Marcy Doane	Dec 20
25 Years	
John & Jackie McKinley	Dec 6
8 Years	
Diana Garcia & Jacob Zachariah	Jan 17

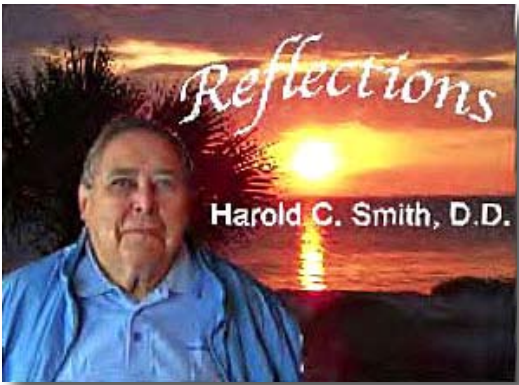
We want to acknowledge all wedding anniversary dates, so please send us yours using the "return slip" found on page 12.



Pam Sheble	Dec 5
Lois Hornstra	Dec 6
Fred Hoshiyama	Dec 7
Andy Balerud	Dec 13
Mary Lipscomb	Dec 15
Jeanne Morse	Dec 16
Jane Bostwick	Dec 17
Arnold Leonard	Dec 18
Ralph Drake	Dec 19
Neil Homer	Dec 19
Joyce Mercer	Dec 20
Jim Lipscomb	Dec 21
Alan Wong	Dec 23
Diana Garcia Zachariah	Dec 24
Gregory Peterson	Dec 28
Jan Murphy	Jan 5
Dave Thornton	Jan 7
Maynard Bostwick	Jan 9
Vearl Gish	Jan 10
Gordon Metzger	Jan 14
Patricia Reed	Jan 17
Bob Tacy	Jan 18
Irene Hoshiyama	Jan 19
Carolyn Wylie	Jan 20
Jack Wylie	Jan 21
Sheryl Barnard	Jan 31

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





Harold Smith* “reflects” on the recent Y-USA re-branding:

(Reprinted by permission of the author as well as Carl Gaites, editor of the Florida Sandpaper)

I’ve pondered the rebranding of the YMCA. **The Wall Street Journal**, of all places, was right on in it’s comments on the editorial page. It **lamented the lack of CHRISTIAN EMPHASIS!** It also pointed to the song “YMCA” as being more ‘with it’ and in line with our YMCA traditions than the unveiled P-R campaign. Since people want my take, here it is:

SIGNS BUT NO WONDERS

“A wicked and adulterous generation seeks after a sign; and no sign shall be given it, except the sign of the prophet Jonah. And he left and departed.” Matthew 16:4

We live by signs and symbols. They summarize for us who we are, what we stand for, what we believe. The YMCA is blessed with one of the most recognizable signs of it’s nature as a movement in the modern world. It is a symbol that states clearly the nature of who and what we are and what our goals are as a Movement. The Red Triangle is a symbol for the wholeness that the Movement seeks to bring to the lives of those who are a part of the Movement and/or who are touched by it. It stresses and holds in balance Mind, Body and Spirit. As such it is a very Christian symbol that comes out of a profound understanding of and appreciation of deep Christianity.....

When we mess with symbols we are saying a great deal about ourselves and not the symbols. The emphasis on “Y” betrays the lack of a deeply understood nature of the profound statement that the YMCA has made to Christianity and the world. That statement is that the Christian faith is truly open, universal and welcoming. That Christianity can lift lives to a wholeness that

is all encompassing and powerful and can animate, change and reform people and the world around them. That is what made and animated and built the YMCA Movement. Unlike the proposed symbolic change, which looks far too much to me like a P-R ploy (a very expensive and non- productive one at that). Who the YMCA is and should be has far greater depth, meaning and relevance than a single letter “Y”.

Let’s look at “Y”.....“Y” states nothing in and of itself. It is vague and uncertain because the YMCA is vague and uncertain. In an effort to broaden appeal it has lost the focus as a symbol. This is true of the Movement as well. One of the basic lessons of life is that you have to come to know who you are if you want to know and find where you are going. Another truth is that you can’t be everything to everyone; every marketing person knows that. “Y” leads to confusion. Here in NYC there is a Young Men’s Hebrew Association that has a very successful and model “Y”. It tones down it’s nature to broaden appeal. Is this the strategy for the YMCA? Are we so confused about our nature and origins and purpose that we are ashamed to mention them? I hope and pray that is not the case..... I love the YMCA. I gave a large portion of my life and intellect and energy to it.

I was not moved by “Y”. I was moved by **YMCA** and was recruited by people whose lives showed what it was to be a Christian in a hostile, secular world. I was sustained by the vision of being and living a whole life as a Christian person in a Movement that proclaimed, taught and showed what it believed in and produced real results in lives that managed to be strengthened and make a difference, especially my own. That is the true **YMCA**. Let us hope God still works thru it and those who are entrusted with it in the future. AMEN

Harold C. Smith, D.D.

* Harold C. Smith, first joined the YMCA Retirement Fund in 1958 and was the Fund’s CEO from 1983 to 2000. During his 17-year tenure as CEO, assets grew from \$521 million to \$3.6 billion and the number of participants grew from 18,891 to 76,449.



History of the YMCA Logo



1881



1891



1895



1896



1897



1967



2010



Because we care so much
about each other!



YWORLD SERVICE

Last Chance to Break Our Record

No question! This has been a great year for EAF! And the McCoy Chapter can be proud of its members' considerable generosity. As of October 6th last year, we had 17 contributors with total contributions of \$2,355. This year as of September 30th, we have had 23 contributors with total contributions of \$3,162.00. We want to sincerely thank the following members of McCoy for their giving:

Bruce & Sue Ahlquist, Diane Bro-mstead, Pearl & Raymond Carpenter, Jim Daughn, Ralph & Barbara Drake, Matthew & Yee-Ling Fong, Betty Gibbs, Dale & Lois Greenlee, Marty and Mary Hanzlik, Nancy Houser, Don & Sally Huebner, Jerry & Patricia James, Ronald Markillie, Gordon & Sandra Metzger, Bill & Joanne Newton, Chuck Osborn, Lou Prock, Bud & Pam Sheble, Doug & Ginny Sprague, John & Laura Weeks, Alan & Rachel Wong, Diana & Jacob Zachariah, Don & Rosella Zerwer.

And I am certain that this figure will be higher when the report for this last quarter is shared at the end of December. If you've overlooked giving to EAF to help fellow retirees in need, in the "spirit of holiday giving" there is still time to do so. I will list the contributors in this last quarter of 2010 in my next newsletter article.

One of our own member couples was awarded a \$10,000 grant this Fall. Never did they imagine in their worst times that caregiver fees would eat up their considerable savings. They wrote: "We are so appreciative and see how valuable the fund is in assisting those in need. The golden years are certainly full of challenges, but assistance from our very good friends have helped us deal with those challenges and given us hope for the future".

I hope you have all sent in your national AYR membership as required by EAF to

International Report

— By Carolyn Ortmeyer
International Chairperson

On August 29, 2010, almost eight months after the devastating earthquake, the Haiti YMCA celebrated the grand opening of their new youth center and national office. This event marks a significant milestone in the Y's efforts to rebuild the community and restore the spirit, mind and body for those impacted by the disaster.

More than 200 people attended the grand opening celebration held at the new facility. The event was made possible by the thousands of donors and volunteers who held fund-raisers and contributed to the new beginnings for the YMCA d'Haiti and the people they serve. While reconstruction across the country is generally moving very slowly, the YMCA d'Haiti is an inspiring example of how we move people and communities forward when we work together.

This opportunity was also used to show our accomplishments as a world movement as well as a community movement. Because of **your generosity and support**, YMCA d'Haiti is alive again and will soon resume all activities to its members in the community.

Remember, it's not too late to make a year-end gift to Y World Service!

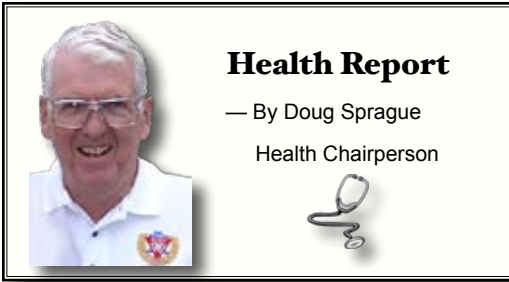
Carolyn

EAF Report Continued...

receive a grant. Both your national membership and contribution to EAF can be sent to: Association of YMCA Professionals, Stitzer YMCA Center, Springfield College, 263 Alden St., Springfield, MA 01109. Be sure to say you are with the McCoy Chapter.

A Happy Holiday Season To One and All,

Pearl



Health Report

— By Doug Sprague
Health Chairperson



Treasurer's Report

— By Al Olson
Treasurer

If you would like to report a health matter for The Real McCoy, please call me at (530) 541-8960 or cel (530) 320-7207 or e-mail: dougandginny@sbcglobal.net . I will gather details by phone.

Fred Hoshiyama – Those of you with e-mail know that he is back home. He's gone from being paralyzed to being able to walk with a walker. He knows he's improving and looks forward to his daily therapy.

Carl Gieseke – Terry Horak reports that Carl has been in the hospital with pneumonia, but that he is now in rehab, getting his strength and balance back. Notes or cards may be sent c/o Terry at 5854 E. Hamilton Avenue, Fresno, CA 93727.

Jean Crichton reports good progress with her bout with shingles. She is walking again and feeling much better. She says her schedule of Acupuncture treatments is making a big difference. She is expecting to come to the Christmas Cluster at the Hanzlik's.

Al Olson has been having a lot of back pain, due mostly to the maintenance of their acreage in Oak Run. He's in physical therapy, and his back is slowly improving.

Gerry Morse reports that he and Jean are doing fine. He is hoping to go to the Bay Area Cluster in Palo Alto and to the Christmas Cluster.

Bob Tacy is back to swimming three times a week. June says they are doing "OK", although June had a fall, which put her in a nursing home for therapy. Bob is back to swimming regularly, and enjoying it.

Stay well!

Doug

New Fiscal Year Has Begun — 2010-11 Chapter Dues Now Payable

Treasurer Al Olson reminds us that our new fiscal year began on October 1, and therefore our Chapter dues/contributions for the coming year (2010-11) are now payable.

Annual dues for McCoy members are \$15/couple or \$10/single. An additional contribution is welcomed and encouraged to help send the newsletter to YMCA Retirees in our area who have not contributed or are unable to contribute. Thanks to many of you folks who contribute over and above this suggested amount. Use the form on page 12 to return your check.

Contributions to AYR are tax deductible as we are a 501(c)(3) organization. Your canceled check is your receipt. These contributions pay for *The Real McCoy's* printing, envelopes and postage. Events are planned to break even, but there are other mailings, the Outstanding Program Development Award and other chapter expenses.

Are Your McCoy Dues Paid Up?

If your dues are renewable we've **enclosed a reminder slip and a return envelope**. You may also check your address label to see the status of your dues, but we realize that you've probably already thrown it away. "Expired Sept 30, 2010" means your dues have expired, and are now payable; "Expires Sept 30, 2011" means you have already paid your dues for the coming year; "Inactive" means you are not a dues-paying member, but we love you anyway.

Remember that National AYR Dues are separate from Chapter Dues. We hope you'll support both organizations.



Al

Gentle Thoughts
for Today

A penny saved is a government oversight.

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'theirs?'

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to your youth, think of Algebra.

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

If you think there is good in everybody, you haven't met everybody.

There's always a lot to be thankful for if you take time to look for it. For example I am sitting here thinking how nice it is that wrinkles don't hurt.

Welcome New Members

The McCoy Chapter welcomes the following new members:

- Judith Burt (San Jose, CA), who retired from the YMCA of Silicon Valley and was Asst. to CEO
- Eileen Murray (Sausalito, CA), who was Adm. Asst MRC



We hope to see you both at upcoming events.



McCoy Chapter AYR Return Slip

Name(s) _____ Phone _____
 Street Address _____ Email _____
 City/State _____ Zip _____

McCoy Chapter Dues/Contribution for 2010-11 (Dues are \$15/couple or \$10/single) Our **new** dues period is October 1, 2010 – September 30, 2011. Check your address label to see when your dues expire. Many have already paid their 2010-11 dues. If your label says "inactive" or "new" and you would like to join, please return your check and this slip to the address below. If you would like to include an extra contribution to help subsidize the costs of this newsletter we thank you. Dues and contributions are tax deductible.

Total Amount for dues & contribution: \$_____.

Make check payable to McCoy Chapter AYR

Total Amount Enclosed: \$_____.

News for Real McCoy – Updates on yourself, your family, favorite hobby, volunteer work, recognitions, photos, etc. News and photos may also be sent direct to Don Zerwer, see page 2 for details.

Birth Date (Month & Day) Retiree _____ Spouse _____

Wedding Anniversary (Month, Day and Year) _____

Return to: Al Olson, Treasurer, McCoy AYR, 24451 Shel Max Rd., Oak Run, CA 96069