

Pacific Northwest

OLD GUARD NEWSALLEN - STONE CHAPTER

Coming EVENTS

A p r i l 2 0 2 0

CANCELED 2020 Shakespeare Festival
Ashland, Oregon watch for 2021 Schedule

RV Cluster Event in August

Information provided by Jan Leigh

The Allen-Stone Chapter of Y Alumni has an RV Cluster group that gathers together once a year at some lovely location to spend a few days exploring the chosen area. This year is our 8th Annual gathering. Between 4 and 16 folks attend. In the past we have stayed at Silver Cove RV Resort in Washington and in Oregon we have stayed at Champoege State Park, Fort Stevens State Park, Silver Falls State Park, and La Pine State Park.

This year's gathering is at Belknap Hot Springs in Oregon for 3 nights – Aug. 17/18/19. Ten folks reserved spots way back in December and there are only a few RV spots or cabins available for reservations as of mid-March when I am writing this. Initial information was in the January newsletter. If you are interested in learning even more, please email Jan Leigh at janetbleigh@gmail.com.



SEABECK UPDATE

As of February 2, total building campaign dollars raised totaled \$2,149,611.06.

The new Pines building complex at Seabeck was progressing until work stopped on March 17th. due to the virus issue. Chuck Kuning said that the project is about half done and had been scheduled to be finished by our Seabeck event in September. We would be the first group to use the building. At this time, it is not known when the builders will be back to work, so it is a wait and see. Keep our fingers crossed!



Covid-19

Protect Yourself—Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself—Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.**

- Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people who are sick

Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others—Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.

HAWAII CALLS submitted by Jane Rosi-Pattison

Do any of you recall the radio show of the late 40's and 50's called "Hawaii Calls" on Sunday mornings? It was broadcast from in front of the Moana (Surfrider) Hotel; oldest on Waikiki. For whatever reason, my mother had that on and I believed it to be the most beautiful music. Who knew that years later when I was on Waikiki Beach the first time, that hotel was one I had to see. I sat under the great Banyan Tree and imagined that wonderful Hawaiian music sent over the airwaves from the small stage on the oceanfront lawn. One time many years later, again I visited this hotel and on the reader board was information about a program of the music of the "Hawaii Calls" show to be presented from the Lanai. Of course, I had to return to listen.

So where did Renee Shaw and I head on the day we walked down the "beach strip" (as I call it); the historic Moana Hotel to again experience the historic pictures inside; but also to sit under that still remaining Banyan tree.

At the end of our week in this bustling city, we had one last visit to sit under the Banyan tree for a classic Hawaiian drink. "Hawaii Calls" will forever be in my memory of those years, as a young girl I first heard that Hawaiian music.



Look for Hawaiian Trip recap on Pages 8 & 9.

Attention: Want color pictures, clearer pictures, quicker delivery.

Let's go green. We would like to encourage your participation by email. For ease of communications please share your email address with Jane at pattisonjane1@gmail.com or Mike at mikiee.mike@gmail.com. Your address is not shared globally.

If you wish to discontinue receiving the newsletter in any format, please email Jane or Mike. Or call Mike at 541.840.8168

ALLEN-STONE 2020-2021 OFFICERS**Presidents** – Gary & Lony Huff

glhuff2@olypen.com

Vice Presidents – TBD**Secretary** — TBD**Treasurer** – Jim Leigh

jimfleigh@gmail.com

Past Presidents – Tom Horsley & Cheri Brennan, thomaschorsley@outlook.com**ALLEN-STONE LEADERSHIP****Historian** – Don Leak

donleak@webtv.net

World Service Chair – Virginia Stout

virginiastout@earthlink.net

EAF Chair -- Bill Heathman

BRHeathman@gmail.com

Membership – Mike Robinson

mikee.mike@gmail.com

Newsletter Editor – Jane Rosi-Pattisonpattisonjane1@gmail.com**Newsletter Publisher** – Sharon Robinson

sharonrobinso@gmail.com

President's Message

Our world turned upside down. As I write this, I have just spent hours helping to close our three branches of the Olympic Peninsula YMCA until further notice. Everything has changed in the last couple of weeks. Everyone is scrambling, trying to figure out what to do. I fear that our Shakespeare Festival event in Ashland, April 28-30 will be canceled. 22 people are signed up. Leaders, Pete and Nanci Morris, have done a wonderful job putting it all together. We will keep our participants posted. We hope everyone is staying safe and healthy.

Back to Hawaii. Our Hawaii event was such a good experience that we are proposing going back to Hawaii, but to the Island of Kauai, in February 2022. This will give everyone time to plan ahead. And give our super hosts and old friends, Don and Sue Anderson, a chance to catch their breath.

We were all very impressed with the work that Don and the Honolulu Y are doing in the Philippines. It was an honor to present them with a donation of \$1,000, from our chapter. This money will help send a group of young adults, from Honolulu's Atherton Branch, to build a multipurpose room at the Children of God Center in the Philippines. So we are doing good thousands of miles away.

For future consideration, Don Anderson tells me that anyone who is interested in going with him on one of these service projects would be very welcome. He says that all hands are helpful, even older ones. You do not need to have special talents to be helpful. If you are interested in pursuing this, contact Don Anderson at ymcadon@mac.com.

Looking for a Vice President. We are looking for a Vice President for our Allen-Stone Chapter of Y Alumni. The job of the vice president is to take over as president in 2022. It would be up to the person whether they want to take on any other obligations before that time. We have enjoyed being vice president and now president and I think you would also. Give it a shot. Want to talk about it? Contact Gary & Lony Huff at glhuff2@olypen.com



TREASURER'S REPORT

Jim Leigh

Many THANKS to John Mistkawi who did an amazing job for many years. We have now transitioned the financial books etc. to me. Our 2019/2020 membership appeal was amazing thanks to Mike Robinson and John. As of March 20, 2020 we have received \$3,680.00 in donations from 74 retirees for our Allen-Stone Chapter. Also, we received National Dues from 58 retirees and \$625.00 in donations to the National Y Alumni. Members of our Board extend their sincere APPRECIATION to all our donors who participated in this year's membership effort. As of this publication, these are our donors in the order received:

Wayne & Patty Ray; Buena Washburn; Gary & Lony Huff; Gary & Charlotte Wayman; Michael & Shelly West; John & Dianne Ouellet; Bob & Caroline Brooks; Frank & Susan Kay; Eric & Jean Nelson; Ty & Lauren Hisatomi; John Wagner & Lauren King; Peter & Nanci Morris; John Mistkawi; Mike & Sharon Robinson; Dave & Joyce Mercer; Don & Joyce Leak; Cliff & Joyce Lawrence; Mike & Jan Murphy; Kay & Darwin Haines; Tom Chandler; John & Denise Barclay; Lee & Corlet Graff; Elaine Markuson; Ralph & Barbara Drake; Jane Rosi-Pattison; Elizabeth Dubuque; Donna Algie; Tom & Karen Jones; Mal & Maureen Arnett; Cal & Sharon Crowell; Randy & Lynn Rabenstein; Judith Rudolph; Ada Taylor; Erich Gauglitz; Bill & Ruth Heathman; Helena Hanna; Arnie & Mary Tomac; Joyce Washington; Catherine & John Howard; Renee Shaw; Tony & Joyce Sagare; Carole & John Greenauer; Tom & Donna Oliva; Jennie & David Sowder; Lorrie Hermanson; Tom Horsley/ Cheri Brennan; David & Pam Livingston; Bill Owens; Craig Frerichs; Dick & Sandra Knapp; Robert Smeenk; Ester Dye; Ann & Dan Nischke; David King; Sam & Esther Luna; Jim & Jan Leigh; Virginia Stout; Shella & Stan Tiemens; Richard Wallis; Cornell Hartford; Jill Hallin; Rae & Robert Montgomery; Jim & Peggy Holstine, **John & Debbie Ciabrone, William Clagg, Barbara Emery, Paula & Clemense Ehoff, Karen & Carl Marsh, Greg Hejtmanek, Fred & Sally Stickney, Vivian & Michael Katagiri, Roselyn Meier, and Kevin & Cathy O'Shea.** *Bold = new since last newsletter.*

If you have not yet contributed for 2020, here is the Donation Form

Allen-Stone Chapter - Donation Form 2020

Name(s) _____ Date _____

Address _____

Preferred Telephone _____ Email _____

Do you wish to receive reports and newsletters via Email? Yes _____ No _____

Donation to Allen Stone..... \$ _____

National Dues \$25.00..... \$ _____

National Donation..... \$ _____

Total Enclosed..... \$ _____

Please note: No national dues for members 90 years and older or for 1st year Y Alumni

Your donations are greatly appreciated! This allows your fellow officers to plan and provide Fellowship, Gatherings, Travel, and Newsletters to meet the interests of our Y alumni.

Please make your check payable to: Allen-Stone Chapter Y Alumni, and return to:

Jim Leigh, 7760 Angel Falls Way, Redmond, OR 97756 253-219-0613 jimfleigh@gmail.com



The most recent numbers of contributions to the EAF Fund as of 2/11/2020 are \$13,727.73. Alan-Stone contributed \$250 toward the Fund.

This fund is available to any member of the YMCA Retirement Fund who finds themselves financially challenged. For procedure on referral contact our Chair.

Contributions can be sent to Emergency Assistance Fund c/o YMCA of the USA Financial Development
101 N. Upper Wacker Dr. 16th. Floor Chicago, IL 60606

Bill Heathman, Chair for Alan-Stone

Mahalo from the YMCA of Honolulu. Allen-Stone Chapter's donation supported their student alternate spring break program to the Philippines.

The seasonal service trips expose students to diverse settings and enlightens them about social and environmental issues through group reflections, engagement with local groups, and intensive service to the community. Students return from their respective service trips ready, willing, and able to serve their own communities with a new found perspective.

Sincerely,

Michael Broderick, President and CEO

KIDS 2 CAMP

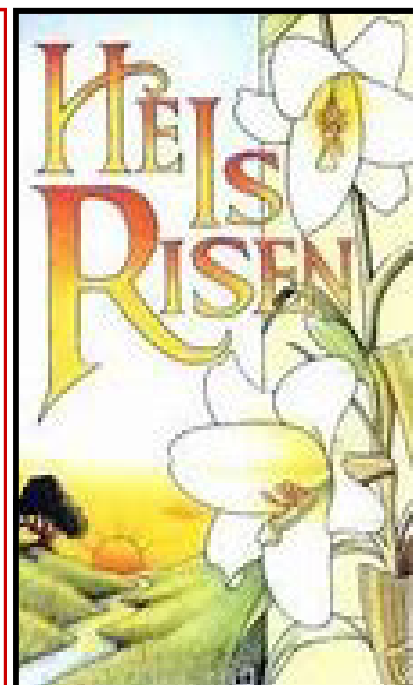
Many of our retired members have been involved with camping programs over their career with the Y. We have seen how a week at camp can impact a child and how much some of them grow with the experience. My husband Bob, said that "more can be done in one week at camp than a whole year at school."



What is it like for those living on a remote Indian Reservation? Broad experiences are limited and, other than school and the Y, social interactions are minimal. That is why I believe their camping program is so important as well as available to every child.

Since 1971, the Sioux YMCA's Camp Marrowbone has been a much needed beacon of **hope** and **opportunity** for the youth on the Sioux reservation. Although the true cost of a week at Camp Marrowbone is \$500, their families can send their children for as little as \$5. That's \$5 for a week of exploring their surroundings, skills and culture.

The campaign is on to raise money for the camper scholarship fund for the coming year. 100% of the donation goes to the fund. If you want to make a donation to this fund, send directly to the Sioux YMCA at PO Box 218 Dupree, SD 57623.



Y ALUMNI

ALLEN-STONE CHAPTER MEMBER ROLLBOOK

Name			Picture:	
Address			City	State Zip
Phone			Email	
Born	Date	Place		
Education				
Married	Date	Spouse		
Children				
Vocational				
Military				
Professional				
Affiliations				
Community				
Relationships				
Recognitions				
YAlumni				

Return Completed Form to:

Don Leak, 747 Tillicum Way, Camano Island, WA 98282

ALLEN-STONE CHAPTER MEMBER ROLLBOOK

One part of the Chapter Archives is the Chapter Member Roll book. Members are asked to submit a brief biographical outline of their YMCA career and personal relationships. I remember Scotty Washburn doggedly pursuing this record almost as a membership requirement. Since Scotty retired from this task, report forms have been available and requested, but with less zeal and enthusiasm.

We have had two additions to the active Roll Book between 2010 and 2020. The total living members of record are 10. Our "End of Life " file , on the other hand, has expanded by 30+. Membership wise, this provides parallel picture of Allen-Stone. Perhaps, we are "people of the moment".

Our Chapter provided for this "transition" by developing a "YMCA SERVICE Memorial Book. It has an oak designed cover , a uniform format and is quite impressive. There are ten members ending with Robert Rosi (died June 5, 1996) and Richard MacMorran (April 12, 1998). We also have a Roll Book , former members, file of some 20+ (including obituaries). In fact, this is the largest file in our Chapter Archives.

Our Chapter leadership is considering if we should continue both the Roll Book and Leadership Memorial Book. (Note: The National YMCA Archives are deposited and available at the University Minnesota. However, Alumni Chapters are excluded from participating in this resource.)

Allen-Stone Member Roll Book forms are available. Please complete the form on **page 6** and forward to **Don Leak, 747 Tillicum Way, Camano Island, WA 98282.**

(donleak@webtv.net.) Comments, suggestions and laments are always welcome.

"TEACHING OLD DOGS NEW TRICKS"

Submitted by Jane Rosi-Pattison

The science of brain plasticity has intrigued me since I first heard Dr. Michael Merzenich, MD give a presentation about brain change across the lifespan and how you can take control of that process. I did a short presentation at Seabeck.

Now is the time to again focus on this science to emphasize how we can keep or improve mental capacity and physical well being. It is not inevitable to lose memory or physically decline if you know what to do and it is never too late to begin.

Earlier, I emphasized to keep learning, keep active, connected and have a good attitude. This will mean you have to keep connected with others, be physical active and learn new skills.

Good nutrition and adequate sleep is also part of brain plasticity to keep regenerating those neurons and brain

cells.

So, have you evaluated where you are in brain health; have taken a challenge to learn something new or do something different; is your physical activity new and increased in difficulty all which feeds the body and brain to maintain better blood flow, motor and sensory remapping of the brain? Don't self limit what you can do but be involved and challenged. This helps maintain balance, reaction time, focus and memory.

Other main points are to stay focused; engage in other people, practice and improve a task and maximize your strengths.

Do kind things or "good deeds".

We need to train to not decline and to gain control to grow a cognitive reserve. Become a super ager where the cerebral cortex does not shrink but becomes thicker.

So "old dogs can learn new tricks": Read: **"Soft Wired" by Dr. Merzenich.**



Front Row: Ester & Sam Luna, SueAnderson, Joyce Wilson. **2nd row:** Bob Masuda, Roselyn Meier, Loni Huff, Joyce Mercer, Renee Shaw, Jane Rosi-Pattison, Sally Stickney, Len Wilson, Cassidy Inamasu. **Back row:** Far left: John Ciambrone, Mike Broderick, Craig Frerichs, Gary Huff, Tom Horsley, Dave Mercer, Fred Stickney, Don Anderson.



OAHU VISITATION

Eleven Allen-Stone members arrived on various days to the ocean front New Atoni Kaimana Hotel in the shadow of Diamond Head, a key landmark at the east end of the Waikiki area of Honolulu. The evening of the first scheduled day of this visit with chapter members living on Oahu, was a dinner in an ocean front room. About twenty-five members and local Y personal gathered for fellowship and sharing a few stories as well as enjoying a wonderful dinner looking over the ocean at sunset time.

Wednesday morning found us waiting curbside for a tour bus that would circle the Island stopping for views of points of interest as well as taking time for a lunch stop, visiting a Macadamia Nut store, and, a last stop at the infamous Dole Plantation store. Most enjoyable here was the Pineapple Whip that many members were seen eating.

Thursday was left open for everyone to chose what to do. Many walked from the hotel toward the west end of the beach front passing by the Zoo, Queen Kapiolani Park, and

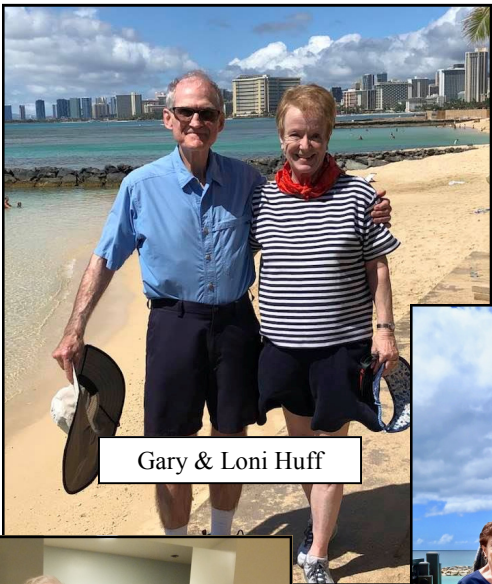
the row of Waikiki ocean front hotels beginning with the oldest, Moana Surfrider, to the iconic pink Royal Hawaii at the other end and continuing on to the U.S. Army Museum and Fort DeRusey Park.

A special award goes to President Gary Huff for undertaking the most strenuous activity starting a walk from the Atoni Hotel toward Diamond Head and the trailhead up the volcanic cone to a viewing area and back, a total of nine miles!

Thursday evening was a final gathering of the group from the mainland for another dinner at the Miyko Japanese restaurant in the hotel.

Some members stayed for a few more days, other left for home or on to the Island of Kauai for another week. While we experienced heavy winds most days and periodic rain showers, all had a good time connecting with members we don't see otherwise.

Thanks to Don and Sue Anderson for spearheading and making arrangements for this second Ohau event.



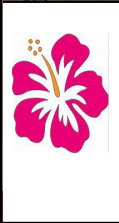
Gary & Loni Huff



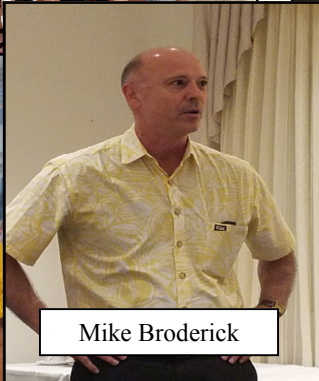
Jane Rosi-Pattison & Renee Shaw



Gary & Cassidy Inamasu



Gary & Roselyn



Mike Broderick



Fred Stickney & Loni Huff



Dave Mercer & John Ciabrone



Jim and Jan Leigh celebrated their 50th wedding anniversary in December with their son and daughter-in-law with a wonderful day wandering around the town of Sisters, Oregon, and lunch and dinner out. Not wanting to add another social event to everyone else's December calendar, they then opted to have a neighborhood party

in February, coupling the event with the 56th anniversary of their first date. A good time was had by all as their house was filled to capacity with so many of the new friends they have made in the last year in their new house.

Fun in Central Oregon



John Mistkawi with children and grandchildren spent a wonderful week at the Eagle Crest Resort this Layla; Maya; Bella; Bridget; Liv; Melina and Finn winter. The resort is near Bend and the weather was great for skiing at Mt. Bachelor. Bend has outstanding facilities for summer and winter recreation.

Dave and Joyce Mercer spent a wonderful three days with other Allen-Stone folks in Hawaii. As those who went know we had great weather, great meals a wonderful island tour and lots of good fellowship. After, we spent a week at Marriotts KoOlina Time share. As luck would have it Len and Joyce Wilson were also there for the week so we had good times together. We then went to Kauai for a week then home Fri Mar. 13. We were then planning to go to Phoenix for a week of spring baseball but that got cancelled thanks to the good old coronavirus. All is well with us. We will be in Ashland in April twice for Shakespeare events.

Jane Rosi-Pattison spent many days on the ski slopes in the first months of winter. It all came to an abrupt end with ski areas closing due to restrictions of close gatherings. Thursdays were trips to Mt. Hood Meadows on the ski bus and Tuesdays to White Pass with a few Saturdays

here and there. The week before the Hawaii trip, four of



eight days skiing ended the season as the anticipated ski club trip to Mt. Bachelor was cancelled. This season culminated the 69th. consecutive year of "hitting" the slopes. Looking forward to number 70.

The **Mike and Sharon Robinson** are following the rules today of isolation....but we started on it early.

We arrived back in Medford after a year of RV travel around the country and are now staying in Medford OR and not in Arizona as we were the past six winters playing pickle ball, kayaking and gathering with friends. Daughter is expecting with first grandchild so we stayed put.



We did do a mini car trip however in February. We visited Arizona to pick up our kayaks and while there visited winter friends on the river, played a few games of pickle ball and Michael had some dental work done in Los Algodones, Mexico. Then we visited Sharon's brother and families as well as Michael's sister, both in Southern California.

We are now back in Medford doing as everyone else in the world. Self isolation, and lots of exercise walking and waving to friends at distances. AND Sharon is balancing putting out the Newsletter along with making healthcare masks for our local hospital.

DATES TO REMEMBER



Summer RV Outing

August 17-20, 2020

Seabeck Retreat

September 14-16, 2020

Ashland Shakespeare Festival

TBD 2021



! ACTION ALERT !

Ys and other community nonprofits need immediate support as we work on the front lines of the #coronavirus crisis. Ask Congress to provide immediate support for nonprofits!

Write to your members of Congress today! <https://ymca.quorum.us/campaign/25216/>

📧: NY State YMCAs

America's charitable nonprofits like the YMCA need an immediate infusion of \$60 billion to maintain operations, expand scope to address increasing demands, and stabilize losses from closures throughout the country:

- Provide Employment-Focused Relief
- Provide Business Continuity Relief
- Ensure relief applies to all charities, regardless of size

TAKE ACTION NOW
Write Letters to Congress in just 2-3 minutes online at:
www.ymcayag.org/action

Happy Easter

NEWS DEADLINE

Deadline for articles/news for the Next Chapter newsletter is:

September 20, 2020

Email to : pattisonjane1@gmail.com

Or Send to: **Jane Rosi-Pattison**
2940 Harris St. Road, Kelso, WA98626

HAPPY ANNIVERSARY

Bob & Caroline Brooks

34 years: April 5

Bill & Ruth Heathman

61 years: June 12

Mike & Sharon Robinson

53 years: June 3

Jerry & Pat James

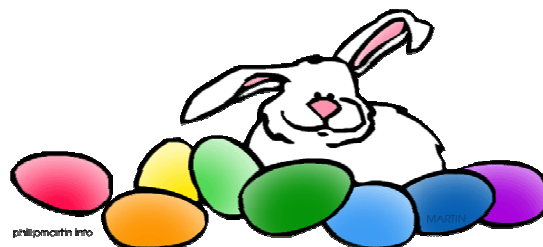
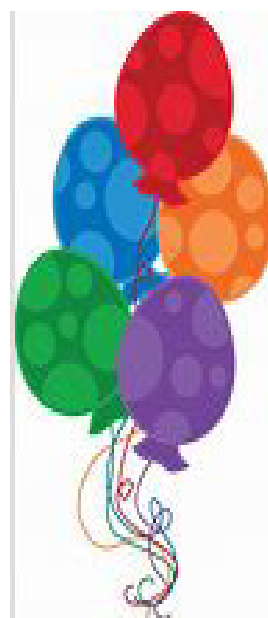
58 years: June 1

Iris & Ken Little

67 years: June 8

Elsie & Jerry Turner

66 years: June 26



Check these Out:

YMCA Alumni Website—<http://www.ymcaalumni.org>

YMCA Retirement Fund Website—<http://www.yretirement.org/default.aspx>

Allen-Stone Facebook Page—www.facebook.com search for Allen-Stone Chapter





Jane Rosi-Pattison, Editor
2940 Harris St. Rd.
Kelso, Wa 98626



Happy Easter