

Coming EVENTS

October 2019

HONOLULU HAWAII 2020



The **Allen-Stone & McCoy Chapters** of YMCA Alumni will gather at the New Otani Kaimana Beach Hotel on Oahu Island on February 25-27, 2020. The hotel is located right on the beach at the far Diamond Head end of Waikiki. It is an easy 10 to 15 minute stroll from the Hotel to the center of Waikiki passing the

Honolulu Aquarium along the way. The hotel has a retro feel to it and kind of takes you back to the 1960's and 70's. There is a really good fine dining restaurant (Hau Tree Lanai) and a Japanese restaurant (Miyako) in the Hotel. Rooms can also be booked before and after the gathering dates. Room rates run from \$170 to various views at other rates. The link to the room types is:

<https://www.kaimana.com/rooms-suites/?category+rooms>

To book your room, contact Arlene Chmolack at 808-921-7016 or email her at:

achmolack@daimana.com.

Don Anderson will be our Hawaii host

Registration: \$100 per person

This will cover the Circle Island Tour and the private room for the welcome dinner.

Send to: Gary Huff

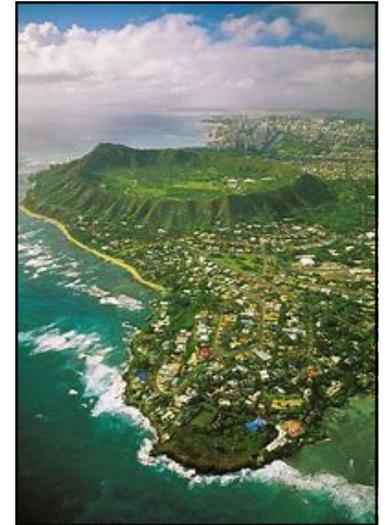
450 Fox Hollow Rd.
Sequim, WA 98382

email: glhuff2@olympen.com



Things to do in Honolulu

- *The Bishop Museum
- *Honolulu Museum of Art
- *Iolani Palace
- *Kawaiahaeo Church - "Westminster Abbey of the Pacific": First Christian church built on Oahu in 1842
- *Diamond Head - Easy hike to the top for grand views



PROGRAM

Tuesday, February 25

Welcome dinner at the Hotel 7:00PM in the private Sans Souci Room overlooking the ocean. Gather 6:30pm for drinks. Order off the Hao Tree menu individually and charge your meal and drinks to your room.

Wednesday -, February 26

"Circle Island Tour" by coach. This is an all day adventure that takes you to many popular sights around the island with 30 minute stops for lunch, North shore surf viewing and a pineapple plantation.

Thursday, February 27

Pick your own tour or activity. For tours, sign up with Tom Forbes in the lobby or contact him ahead at (808) 921-7007 or email at: motalak@gmail.com. Tours offered are Polynesian Cultural Center, Pearl Harbor sites, Waterfall Adventures, Zip lining, Diving with sharks and many more.

Other possibilities by other arrangements are a beach front Luau at Paradise Cove. View venue at paradisecove.com. National Memorial Cemetery of the Pacific - Honoring military killed in the Pacific during WWII.

SEABECK 2019 HIGHLIGHTS

Healthy Aging

Eighteen members and two guests attended this years retreat. The rains stopped by early afternoon so many enjoyed their lunch on the Juniper deck along with catching up on news.

The opening of the program by Gary Huff, included social time, introductions, songs and easy movement exercises. Dinner was followed by fun and games led by Jan Leigh.

Tuesday morning session was opened with songs accompanied by Jan Leigh on guitar followed by easy movements. A short session on "The power of stretching" by Jane Rosi-Pattison with members participating. A session of memory techniques, or more specific, the plasticity of the brain and strategies to keep the brain regenerating new cells was also presented by Jane.

Ray Martinez is Director of the Olympic Medical Center Wellness Program at the Sequim YMCA. He explained his role in working with people to help direct them in what is best for them to stay healthy.

The afternoon was spent by most members walking up to the old cemetery on Seabeck property dating back to the 1800's. Doing some clipping, raking and general clean up where needed. There was a lot of discussion about information on the deceased engraved on headstones and

speculating about their longevity, or in some cases, by a very short lifespan. Most interesting was the grave of a former slave.

Virginia Stout, World Service Chair, talked about World Service opportunities and giving. Members filled out pledge forms to designate what amount they would be contributing to World Service.

The final morning session began with an up date on the Seabeck Conference Center including number of people using the center and income. Chuck Kraining, Director, announced the status of phase two of the building campaign. The old Pines meeting hall and bedroom complex is in the final stage to be demolished.. Kitsap Fire department has been using these buildings for training and various forms of rescue firemen might encounter in an emergency. The day we left, these buildings were being torn down so construction of the new complex can be started. We will be using that complex next year.

This report was followed by remembering the chapter members who passed away the past year, Each member then also remembered someone special by placing a flower to be planted. Since the Chapters Memorial Garden was off limits due to the demolition project, this years service was on the Juniper meeting room deck.

Final business was the annual meeting led by Tom Horsley, President.



These photos show a silly song we sang and some of the crazy games we played with plastic cups, M&Ms, Cherrios, and paper clips. A good time was had by all.



ALLEN-STONE 2018-2019 OFFICERS

Presidents – Tom Horsley & Cheri Brennan
 thomaschorsley@outlook.com

Vice Presidents – Gary & Lony Huff
 glhuff2@olypen.com

Secretary — TBD

Treasurer – John Mistkawi
 jmistkawi@comcast.net

Past Presidents – Jim & Jan Leigh
 jimfleigh@gmail.com



ALLEN-STONE LEADERSHIP

Historian – Don Leak
 donleak@webtv.net

World Service Chair – Virginia Stout
 virginiaout@earthlink.net

EAF Chair -- Bill Heathman

Membership – Mike Robinson
 mikiee.mike@gmail.com

Newsletter Editor – Jane Rosi-Pattison
pattisonjanel@gmail.com

Newsletter Publisher – Sharon Robinson
 sharonrobinso@gmail.com

President's Message



Tom was able to attend Y175, the celebration of the 175th Anniversary of the Y's founding in London as part of the Seattle Y's delegation. It was an inspiring reminder of the world-wide impact of the Y and source of encouragement to see the involvement of youth leadership in attendance and as speakers. Of the 3,200 delegates, 80% were under the age of 30. We think the movement is in good hands.

Our Seabeck Conference has just finished with a focus on healthy aging. Much of the program was presented by our own members Jane Rosi and Gary Huff. Thanks to Gary and Lony for a great meeting, to Jan Leigh for the singing, fun and games and to Virginia Stout for our world service evening. It was also nice to welcome Mary Tikalsky, Director of World Service for the YMCA of the USA. She knew almost everyone in the room. Read more in this newsletter.

At our annual meeting the board for 2020-2021 was announced. Incoming co-presidents are Gary and Lony Huff and Jim and Jan Leigh will assume the role of treasurer. Special thanks to John Mistkawi who has served as our Treasurer for many years. He will now assist Mike Robinson with membership. We are blessed with committed volunteers in our chapter.

Next up is a special event in Honolulu, February 25-17 with the McCoy Chapter in the Bay Area. Don Anderson will be our host.

Best regards to all.

Tom and Cheri

Announced at Seabeck

ALLEN-STONE LEADERSHIP 2020

President – Gary & Lony Huff

Vice Pres. - Open

Treasurer – Jim Leigh

Past Presidents – Tom Horsley & Cheri Brennan

Historian – Don Leak

World Service Chair – Virginia Stout

Membership – Mike Robinson

Newsletter Editor – Jane Rosi-Pattison

Newsletter Publisher – Sharon Robinson

EAF – Bill Heathman

Ashland Event – Peter & Nanci Morris

Seabeck Event – Tom Horsley & Cheri Brennan

RV Event – Jan & Jim Leigh

Hawaii Event – Gary Huff and Don Anderson

WORLD SERVICE



Mary Tikalsky, Director of World Service International Group, YMCA of the USA led off the evening by handing out cards representing various countries and asking members if they were to travel to that country, what change would they like to see done

Virginia Stout, Chapter World Service Chair asked all to fill out forms to make their pledge to World Service.

It was announced the next day at the annual meeting that present members pledged **\$11,000** to the 2019 campaign..



Members not at the meeting can make their contributions by mailing a check to YMCA of the USA – World Service and mailing it to YMCA of the USA- World Service 101 N. Wacker Drive, Suite 1600 Chicago, IL 60606.

Be sure to note on the check that this be credited to the Allen-Stone Chapter

Donations should be completed by December 31, 2019 to be credit to this years campaign.

Allen–Stone Annual Meeting

The meeting was called to order by President Tom Horsley.

- John Mistkawi , Treasurer, gave a financial report showing budget balance plus donations to date.
- It was recommendation that the Chapter make donations to World Service, EAF and Seabeck Capital Campaign. (amounts shown elsewhere)
- Mike Robinson, membership chair, reported there are about 450 members on the roster.
- Tom Horsley and Don Leak has worked on consolidating historical records. Authorization was given to scan historical records.

Other business appears separately.

BRAIN PLASTICITY

How the new science of Brain Plasticity can change your life

We talk about the need for physical fitness, good diet, and social connections for healthy aging. What about brain fitness and how do we keep the cells of the brain regenerating and building during our life span. As do our muscles atrophy without movement and exercise, so does our brain.

Dr. Michael Merzenich, MD is one of the scientists responsible for our current understanding of brain change across the lifespan and how you can take control of that process.

The negative consequence of spending most of the years of our life in a highly predictable, structured modern environment will not replace the dying brain cells. Changes in the way that you live your life can influence the way that your brain can distort and reprogram the functionality of our key systems.

“In plain language, you can not keep doing the same old thing all your life but you must keep on learning, practicing, and advancing in difficulty those things you do now”

All cells of the body are constantly being replaced as old ones die. But, as the brain controls our learning, remembering, skills and problem solving, those abilities can slowly be lost as one gets older. This new science has proven that regenerating new brain cells are under our control and helps lessen this slow progressive regenerative brain cell lost.

“The development of a healthy and highly functional brain is a consequence of how a person has used it. The brain is plastic in it can change, what more, every person has the capacity to control positive plastic brain change in their own brain. Giving up those harder things in life just because you no longer choose to be challenged by life in any significant way can be self-destructive to independence and health

So, in a “nut shell”, what does this all mean? One must keep learning new skills or continuing mastery of abilities. These must be demanding, sustained and enriched.

Physical fitness is a major contribution to brain fitness.. Its aerobic values have a direct, positive physiological impact on the brain. But exercising under the same controlled environment does not challenge the brain. Mix it up doing exercise in various environment. i.e. uneven surfaces, different activities or equipment.

Cognitive challenging activities such as cross word puzzles, Sudoku, games and other “thinking” activities need to be changed at times and become more challenging i.e. increase difficulty of puzzles and games, learn new ones.

Senile dementia and other expressions of dementia arise from a severely, progressively, functionally degraded brain.

The book to read to be able to understand what and why, read **Soft-Wired by Dr. Michael Merzenich, PHD**

50th. Anniversary of Old Guard News

At the 1969 Seabeck retreat; fifty years ago, it was voted to name the Allen-Stone newsletter the "**OLD GUARD NEWS - N.W.**" and began the first issue in September. It was disputed if this would remain the name due to so many suggestions. A couple of other suggested names were "Contact", "Channel "Y" and

"Y" Waves. The matter will be brought up again. The June **Allen-Stone Informer**; (then newsletter); detailed the Seabeck retreat that would open on Monday, July 14 at dinner and end on Thursday after lunch.

Cost per two in a room was \$18.75 and a single \$24.75. They stayed in the Pines and Spruce that was brand new this season.

CEMETARY CLEAN UP

On Wednesday afternoon, most members chose to walk to the Seabeck Historical Cemetery with Gary Huff on the Seabeck property. The graveyard was in better condition when in past years Allen-Stone members hiked the trail with Gordi Dick to observe the site. Since those times several years ago,, uncovering lost sites and markers, there has been a lot of progress in identifying who is buried there and where gravesides are located. There has been work on cutting back shrubs and plants. A little touch up work was done and a lot of time taken to read the information on the headstones. Most date back to the 1800's when Seabeck

was a logging town. There were numerous infant deaths and sometimes two in the same family only having lived a few days. One marker read "A freed Slave".

If only the trees could talk,, I am sure we would hear many interesting stories about these people who must have lived a hard life on the canal.



REMEMBERED

Those remembered at the Memorial service at Seabeck.

Eliot Preble Jr, Bend, OR — Daniel Alegado, Honolulu, HI — Harold Perry, Seattle, WA

SEABECK UP-DATE:

- Chuck Kraining, Director reported this is the 109th Year of Seaeck operation. For 29 years, Art Allen was director.
- Building Campaign: Phase #2: \$2,825,455 has been raised; \$175,545 needed to be raised for the three million goal.
- 1962: Built old Pines meeting room that is now being torn down . Ribbon cutting for the new complex will be on May 17, 2020
- First group to use the new facilities will be on May 28.
- Allen-Stone 2020 Retreat will use this complex.

CONTRIBUTIONS MADE BY ALLEN-STONE CHAPTER

Action was taken at the annual meeting to make the following contributions from the chapters treasury.

WORLD SERVICE

Sioux YMCA \$500

In Honor of Tom Horsley & Cheri Brennan - \$250

In honor of John Mistkawi - \$250

General Purpose - \$500

EMERGENCY ASSISTANCE FUND - \$500

SEABECK BUILDING CAMPAIGN - \$1,000 (for Pines)





Jim Leigh reports that he and Jan attended his 50th George Williams College reunion in July. The Coming Home weekend was held at the Lake Geneva campus in Wisconsin, an outstandingly beautiful place. He reconnected with three close friends who all worked in the Pacific Northwest at some time in their careers.

The foursome (L to R): Steve Taylor (Tacoma Camp Seymour Executive), Haan Phelps (Westchester Y in Los Angeles and Camp Collins Executive with the Portland Y) , Jim, and John Donovan (Tacoma Y).



The Mercers and the Leighs met in Newport, OR, for lunch and a beach walk. Very fun!

Don & Sue Anderson: Sue had surgery on September 5 to remove her ostomy and reconnect her colon. The surgery went well. She spent 10 days in the hospital following the surgery and now is continuing to recover at home. Our Son, Glenn who has worked for the Hiroshima, Japan YMCA the past 25 years visited us for a week in August. In October Don will lead 29 volunteers to do a project in Lamphun, Thailand for the Chiangmai YMCA. Following the project the group will tour in Laos and Vietnam. While Don is gone for those three weeks our son, Scott will come from Colorado and stay with Sue. Both Boys will be with us here in Hawaii for the Christmas holidays.

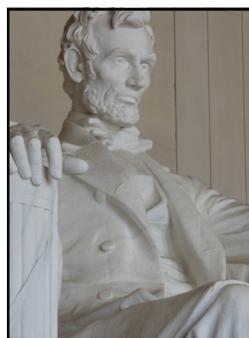
Wayne & Patty Ray celebrated their 65 wedding Anniversary at the Cannery Hotel in Astoria OR on the fateful date 9/11. They met at the Butte Montana YMCA where Patty was working. She was instrumental in hiring Wayne as Physical Director for his first Y job out of college..

The Allen-Stone Chapter was represented at the **Y Alumni Reunion**, Sept 24-26, 2019 in Louisville, KY by Craig Frerichs, Tom Horsley and Cheri Brennan. Good job....

Next week **Rich Wallis** is heading to Dupree, SD for the twice annual meeting of the Sioux YMCA Board of Trustees. He always go down a few days early to participate in service projects. This time he will be building a pergola, along with a couple of other Trustees, at one of the Y's program sites.

Helena Hanna has moved down the hall from where she was. The only change for your information is that my unit number is now #303; my telephone is the same except the last four digits which now are 6303. I am still enjoying living here with many friends, am healthy, and quite active. In the past 6 months I have been on the committee to celebrate Wesley turning 75 years, am now working with a committee of four creating some well-attended "Wesley U" classes on campus. They run one to four sessions and this term we have 24 sessions that we host, attend, monitor and enjoy. On Friday I fly to the east coast for a wedding and a week with my sisters. I miss my YMCA friends and the activities that were a part of my life for so many years, but I greet you all and wish you well.

Mike & Sharon Robinson recently returned to southern Oregon. Just arrived home after 10 months on the RVing road. Travels covered more than 35 states and 22,000



miles. Our last leg, since the July newsletter out, covered Washington DC, Niagara Falls Canada, Family gatherings in Bay City, MI, the Winnebago GNR (Grand National Rally), among a few. Also some road "bumps" too in South Dakota and Montana. Loved Glacier National Park visit as well as Banff,

Lake Louise and the Canadian Rockies in addition to visiting friends in this region too. Home now — for a while — until after Christmas then back down to Arizona and a possible trip planned into Mexico.

Sharon is deeply involved in her Christmas Tree Festival Project and I am back on the golf course, but very rusty.



Soon they will begin looking into what kind of housing they will want here in the Medford, Oregon area.



Tom Horsley and Cheri Brennan.. After Tom attended the Y175 Event in London, Cheri joined him for five days in London. With all of our international travels, we had never been to London (except for flights through Heathrow). We stayed at Trafalgar Square and did the usual tourist

don and of particular interest to us, the underground Churchill War Rooms. We were also there during the ten weeks when the Queen is on holiday and Buckingham Palace is open to the public for tours.

It was also special to visit St Paul's Cathedral and see the crypt of Sir George Williams, the Y's founder.

We returned from London in time for our annual trip to the family cabins near Yellowstone Park. This is always a rejuvenating trip for us. Since we need to acclimate to the 7000 foot elevation, we do one of our favorite five mile round trip hike on a level surface to Lone Star Geyser. We were rewarded with an 25 minute eruption shortly after we got there. This year's new hike was to the Hoodoo Rocks near Mammoth Hot Springs. It was a bit more strenuous.

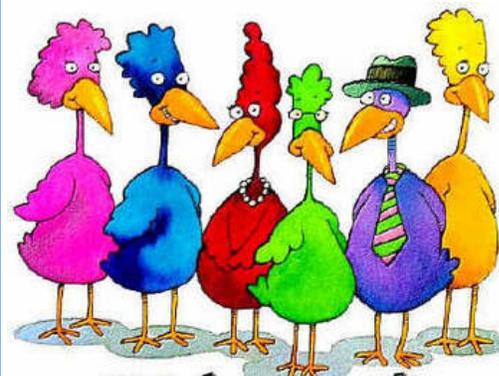
things: High Tea at Kensington Palace, the Tower of Lon-

9/11 REMEMBERED



Before lunch on Wednesday, the Kitsap Fire Department working on the Seabeck grounds gathered around the flagpole as did Allen-Stone members for a moment of silence in remembering

those who lost their life on 9/11 in the World Trade Center disaster and the plane downed in Pennsylvania. The flag was lowered in their honor.



*Welcome To
The Group*

NEW MEMBERS

- Mary Shenk, Bismark, ND
- Peter Mucahy, Anchorage, AK
- Rae Montgomery, Helena, MT
- Steve Mock, Portland, OR
- Suzanne Bull, Seattle, WA
- Nancy Torgan, West Seattle, WA
- Cornell Hartford, Eagle Point, OR
- Molly & Donald Maddock, Tacoma, WA
- Tony & Terry Hayden, Boise, ID
- Jason & Tammie Johnson, Surrey, BC CA

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

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

Stretching

Always take time to warm up first.

Focus your breathing

Hold Stretch for 30 seconds

Keep body under control: i.e.

Back straight, head up

Stretch every day; minimum of 3 X's a week.



Longevity is based 1/4 on genetics and 3/4 on your behavior and lifestyle choices. A specific gene is turned on or off largely under your control.

80% of all cases of heart disease and stroke could be prevented with diet and lifestyle changes. Eating better, getting active and shredding extra pounds are the key.

STROKE SIGNALS: - "FAST"

Face drooping

Arm weakness

Speech difficulty

Time to call 911

DATES TO REMEMBER

Hawaii Event

February 25-27, 2020

Ashland Shakespeare Festival

April 28-30, 2020 Ashland, OR

Summer/Fall RV Outing

TBD, 2020

Seabeck Retreat

September 14-16, 2020



Christmas Market River Cruise

Dec. 5 - 14, 2019

Cruise the Rhine and its incredible Markets with Avalon Waterways

Color of Provence Cruise

April 20 - May 3, 2020

Barcelona to Paris

Americas Parks & Monuments

May 14 - 23, 2020

Rapid City S.D. to Salt Lake City, Utah

Norway Fjords Cruise #1

May 28 - 5, 2020

Dublin Ireland - Belfast

Ireland & Iceland Cruise #2

June 5 - 15, 2020

Dublin - Iceland; back to Ireland

(combine #1 & #2)

For details, cost etc. go to www.ymcaalumni.org



Happy Anniversary

October

Oct. 18 – Tony & Joyce Sagare 51 years

November

Nov. 21- Gary & Lonny Huff – 50 years

Nov. 23 – Tom & Donna Olivia – 49 years

Nov. 27 – Tom Horsley & Cheri Brennan – 37 years

December

Dec. 21 – Jim & Jan Leigh – 50 years



NEWS DEADLINE

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

December 20, 2019

Email to : pattisonjanel@gmail.com

Or Send to: **Jane Rosi-Pattison**

2940 Harris St. Road,

Kelso, WA98626





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



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:

John Mistkawi, 1315 SE Umatilla St. #402, Portland, OR 97202. 503-559-2931 jmistkawi@comcast.net