

# ***THE PACIFIC NORTHWESTER***

*(the official publication of the Pacific Northwest Region of Y's Men's Clubs)*

**Combined third & fourth Quarter 2009**



*Harold Spilde, Regional Director*



***“ Serving Washington; Oregon; Idaho; Montana; Wyoming; Alaska; and British Columbia”***

***“TO ACKNOWLEDGE THE DUTY THAT ACCOMPANIES EVERY RIGHT”***

**Web sites: Y's Men International: [www.ysmen.org](http://www.ysmen.org)**

**US Area Y's Men: [www.ysmenusa.com](http://www.ysmenusa.com)**

## February is Time of Fast Month

Dear Fellow Y's Men,

February is the month that Y'sdom places special emphasis on our Time of Fast program. During this time it has been traditional for club members to have a simple meal such as soup which is symbolic of the meal of the poor. Members then contribute the cost of their normal meal to the Time of Fast program. The money raised in this way is used to assist YMCA's and other Y'sdom programs around the globe. Some members in times past actually did without one meal in order to contribute the full cost of that meal to the Time of Fast program, thus Time of Fast literally meant fasting.

Your donations make it possible to help many people around the country and around the globe.

Our TOF program has supported YMCA projects such as helping to feed the hungry, supporting orphaned children, maintaining schools for the blind, helping to ease the suffering of AIDS patients, lessening the spread of malaria, and many other notable projects. Many of you are knowledgeable

about the many other things associated with TOF and that require monetary support, so I would suggest that each Club contribute a minimum of \$16.00 per member if possible in order to receive the Silver Patch. (\$8.00 per member for Bronze and \$32.00 per member for Gold.) Yes, you really do have to contribute to cost of four meals for the gold patch as of the last information that I received. So, please do your best at giving whatever you can afford.

Thank you again if you have already sent your TOF checks, and please send them if you have not already done so. The donations are very much needed and will be put to good use by the YMCA's that participate in TOF projects.

Y'sly and sincerely,

Robert Sims  
RSD TOF

## Location Change of Board Meeting

As you know the April Board Meeting for years has been held in beautiful Seattle, Wa. This year we have a great opportunity of meeting some people

who are interested in forming a new Y Service Club in Spokane, Wa. Your Regional Director and others thought it would be nice to have the Board Meeting in Spokane and invite these fine folks so we have the opportunity to meet them and tell them what we are all about. Please note time and location in Upcoming Events.

Speaking of the board meeting, your reports need to reach Regional Secretary **Ila Steen** by March 15 so that she has time to assemble your folders.

Lee Woodard, RDE

### Upcoming Events

PNWR Board Meeting  
April 10, 2010  
Central Spokane YMCA  
930 N. Monroe

PNWR Convention  
June 11-13, 2010  
Embassy Suites  
3225 158<sup>th</sup> Ave. SE  
Bellevue, Wa. 98008  
Hosted by Seattle Downtown

International Convention  
in Yokohama, Japan, Aug. 5-8, 2010.

### Please make note of IP Kevin Cummings new Emphasis Months Schedule:

<b>July</b>	<b>Youth Activities</b>
<b>August</b>	<b>Community Service</b>
<b>September</b>	<b>Membership Development</b>
<b>October</b>	<b>Extension of New Clubs</b>
<b>November</b>	<b>International Brother Clubs</b>
<b>December</b>	<b>Christian Emphasis</b>
<b>January</b>	<b>Brotherhood Fund (BHF)</b>
<b>February</b>	<b>Time of Fast (TOF)</b>
<b>March</b>	<b>Short Term Youth Exchange Programme (STEP)</b>
<b>April</b>	<b>Leadership Training and Organization Development</b>
<b>May</b>	<b>Forward Plan</b>
<b>June</b>	<b>Alexander Scholarship Fund (ASF)</b>

During the designated month, leaders are requested to give special concentration to the subject so as to get maximum consideration to the respective subject. The modus operandi depends on the talent and imagination of each leader. The basic idea is to get the maximum result in each subject.

### Regional Convention

The Pacific Northwest Regional Convention this year will be hosted by the Seattle Downtown/Metrocenter Y Service Club and will be held the weekend of June 11-13. We have selected a location in the Bellevue, Washington area for its convenient access to I-90 and also in an attempt to keep the cost lower than it might be in downtown Seattle. In addition, we have people in the new Coal Creek YMCA who are also interested in forming a club. We will of course have more information to follow but I strongly encourage one and all to plan on attending. Seattle Downtown is a small club but they are planning a great convention, so please support them with your attendance. If you have any items to donate for the auction and/ or door prizes, please bring them with you to the board meeting in Spokane and give to Lee or Sharon. Thank you.

## News From Near and Far

### From Kwame Turner of MMEM Club

On November 23<sup>rd</sup> the MMEM Y's Service Club Seattle met at the Tai Tung Chinese Restaurant in Seattle's International District. The purpose was to congratulate **Carl "Bold" Phillips** on raising over \$5000 for our Club treasury by volunteering for stadium and arena work in 2009. Also, we wished a safe journey to **Kevin, Heidi and Chloe Obb'bayi** on their move to New Zealand. Kevin will remain a club member and will manage our website from the southern hemisphere.

### Our Neighbors to the South

**Buck Cox**, who is a member of our own Helena Club as well as RDE for the Pacific Central Region, recently celebrated his club's 45<sup>th</sup> anniversary with a Saturday luncheon that was attended by about 50 people. Congratulations Buck, on this milestone. This is the Northwest Y Service Club of Cupertino, Ca. In addition to the many hats that Buck wears, (I think that is why Buck is so short, all those hats push him down-*Lee*) he is also the Vice-President of that club.

### New Name for Seattle Downtown

**Sharon Meadows**, President of the Seattle Downtown Y's Men's Club, and their members, are pleased to announce that the club name has officially been changed to Seattle/Metrocenter Y Service Club. This is in recognition of the fact that we are affiliated with both the Downtown and Metrocenter Branches housed within the Seattle Downtown Y facility, as well as conforming to the direction of the Y Service Clubs International.

## The Twelve Commandments

1. *Make up your mind to be happy. Learn to find pleasure in simple things.*
2. *Make the best of your circumstances. No one has everything and everyone has something of sorrow intermingled with gladness of life. The trick is to make the laughter outweigh the tears.*
3. *Don't take yourself too seriously. Don't think that somehow you should be protected from misfortune that befalls other people.*
4. *You can't please everyone. Don't let criticism worry you.*
5. *Don't let your neighbor set your standards. Be yourself.*
6. *Do the things you enjoy doing but stay out of debt.*
7. *Never borrow trouble. Imaginary things are harder to bear than real ones.*
8. *Since hate poisons the soul, do not cherish jealousy. Avoid people who make you unhappy.*
9. *Have many interests. If you can't travel read about new places.*
10. *Don't hold postmortems. Don't spend your time brooding over sorrows or mistakes.*
11. *Do what you can for those less fortunate than yourself.*
12. *Keep busy doing something. A busy person never has time to be unhappy.*

*And don't forget to always be  
THANKFUL. And thank God for today.*

*"This is the day the Lord hath made,  
let us rejoice and be glad in it."*

(borrowed with thanks from the Charlottetown Y's Men's Club of Prince Edward Island, Canada and passed along by H.Wayne Smith.)

As a reminder, this newsletter is no longer mailed out as a hard copy, by Board action, so please share this with your members who do not have email. Thanks-editor

## Team Leader Directory

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