

# ***THE PACIFIC NORTHWESTER***

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

**Issue Number 4;2010**



*Lee Woodard, Regional Director  
& editor*



*Harold Spilde Past 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)**

**PNWR: [www.facebook.com/pnwrua](http://www.facebook.com/pnwrua)**

## **Our Purpose**

... to be a worldwide fellowship of men and women of all faiths working together in mutual respect and affection, based on the teachings of Jesus Christ, and with a common loyalty to the Young Men's Christian Association, striving through active service to develop, encourage and provide leadership to build a better world for all mankind.

## **Our Objectives**

1. To function primarily as service clubs for the YMCA and youth.
2. To support other worthy organizations

3. To encourage justice in civic and international affairs, abstaining always from party politics.

4. To keep members informed on, and actively involved in religious, civic, economic, social and international matters.

5. To cultivate good fellowship.

6. To support International, Area and Regional projects of Y's dom.

## **RD NOTES**

Please enjoy this fourth quarter edition of 2010. Here we are entering a new year already. I know our clubs are busy. Yakima is busy preparing for our Regional Convention which they will be hosting in June. We are expecting a Brotherhood Fund Delegate to arrive in the Region this spring.

He is Dr. Jean Joseph Chendjou, Regional Director-Elect and bulletin editor of Area Africa. He will be visiting with all our clubs as well as the Pacific Central Region. Our great RSD for travel, Ila Steen is busy working out the travel arrangements for our region. I don't know how she does it, but I am sure glad she does!

We are still hopeful of starting a new club in Newcastle (Bellevue), Wa. We are corresponding with a staff member at the new Coal Creek Y where we toured during last year's convention. He is Arnold Bravo, and he seems quite enthused. At this writing he is arranging a meeting room date where we can have our first sit down meeting and present what we do as a service club and what the service club has done for us.

You may recall that during our convention last June we heard from Stan Brown of the Meredith Matthews East Madison-Seattle Y Service Club about his work with a water project in Mexico. He has written an update on the project for us in this newsletter.

I have recently set up a Facebook page for our region. You can find our page at [www.facebook.com/pnwruusa](http://www.facebook.com/pnwruusa). I was actually just practicing to see if I could set something up but we have had great response to it already. If you are not on Facebook, I would urge you to join. It is definitely not just for the kids anymore. In fact I even have a page for my insurance agency as many do have business pages. I have also been in touch with above mentioned BF Delegate Dr. Chendjou who is also on Facebook.

Have a great year!

RD Lee "[say yes to ysdom](#)"

## Christian Emphasis

Do You Feel Safe?

Violence surrounds us. We hear and read about it daily. Perhaps you have witnessed or experienced violence. What's your feelings about violence? Is it something that exists and will always exist? Is it evil? How about the violence of poverty and hunger?

The devotional below got me thinking about violence, God, and my role in helping to create a world that is safer than the day before. I hope it blesses you as it has blessed me.

In Christ's love,  
Marthetta

Day One-Blessed are those who risk, for they shall be offered safety.

***Do not fear, for I have redeemed you:***

***I have called you by name, you are mine. (Isaiah 43.1)***

Suddenly an angel touched Elijah and said to him, "get up and eat" He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank and lay down again. (1 Kings 19.5b-6)

How can we build a safer world? Where might we get the strength to even dream this might be possible?

This beautiful verse from Isaiah assures us that God calls each of us by name. It is an intimate and knowing call, offering redemption and a safe future. Named by God we have value and receive love. Called by God we can each respond to the vocation to profoundly transform a world in which so many women and girls experience violence,

discrimination, and exclusion in the public and private spheres.

The prophet Elijah had lain down in depressed despair hoping to die. Many of us will know moments like that at some point in our lives. How can we find the motivation to wake from our sleep and set out on the road ahead? An angel touches and wakes Elijah from his sleep of despair and offers the most basic of sustenance-warm bread, fresh water. In his sleep the prophet is fed with real food. Perhaps now his subconscious will begin to dream that a future is possible.

Bread and water are images of prison rations, of the barest minimums to maintain human life. They speak to us of the violence of poverty, and hunger. In how many places around the world do women only get access to left over food once the men have finished eating?

But God says to each of us: "I have called you by your name..."

As we build a safer world we need to feel the angel waking us from our sleep, calling us to mental and physical well being, inviting us to re-engage with the world. To build a safer world the emotional and physical needs of the poorest need to be taken seriously. We all need to be taken seriously. We all need to have access to drinking water; food needs to be shared justly.

As we look to create a world that is safe, we need to avoid confusing safety with security. The high fences and "security" walls of our times are symbols of fear. To transform the world, to make it safer for the most vulnerable on our small green planet, we are called to let the angel wake us from our sleep. Let us not despair. God supports us

and calls us to dare to make the world a safer place.

Questions for personal and group reflection

Are you asleep? Is something in the society you live in asleep? What do you, what do we need to be woken from? (Self satisfaction, despair, indifference, lack of self worth...)

Angels are messengers. Sometimes we receive messengers; sometimes we ourselves are the messengers. What is our message of consolation and challenge to those we wake today? What is the message of consolation and challenge we ourselves have received?

In what ways can we show in our programmes that we are called by name-as individuals and communally-to create a world that is safe?

Prayer

***God you call us by name. You raise us up from our despair and offer us the food of life. You call us to risk building a world which overcomes violence. Give us the strength and courage to listen to your call, and to follow the path of Jesus Christ, in whose name we pray, AMEN.***

### Time of Fast Global Project Fund 2011 Contributions

February is the designated month for Time of Fast Global Project Fund in Y Service Clubs International. Each member is requested to donate the cost of at least one meal to the TOF Program. The agreed upon cost of one meal in our Region is currently \$12 in U.S. currency.

Traditionally, some club members skip a meal and contribute the cost of that skipped meal to the Time of Fast program. Thus the name, "Time of Fast". The money raised in this manner is used to assist YMCA's and other Y's Men's programs around the globe which directly help the needy.

A basic amount of \$12 per member is required for each club to receive a Bronze Patch for TOF contributions, \$24 per member for a Silver Patch, and \$48 per member for clubs to receive a Gold Patch. Yes, clubs really must contribute the cost of four meals for the gold patch, but that's why the Gold Patch is as good as gold!

Monies collected for TOF support global projects, such as the Roll Back Malaria Joint Project, AIDS prevention and many others that help to improve the quality of life of the impacted people, and are used to assist YMCA's in helping individuals, families, and communities that are in need. To view projects online, go to [www.ysmen.org](http://www.ysmen.org) and click on Programs, click on TOF.

The donations are very much needed and will be put to good use in our TOF Global Project Fund to save lives and help people in need.

Clubs, please send your TOF Global Project Fund checks to RSD Robert Sims, P.O. Box 66, Waimea Hi 96796.

Make checks payable to Y'S MEN INTERNATIONAL. Thank you for your support and prompt response.

Respectfully submitted,

*Robert Sims*

Robert Sims, RSD TOF

01/31/2011

## News from our Clubs

Meredith Matthews East Madison-Seattle Y  
Service Club

### **Club Highlights for 2010**

Our most noticeable change was modifying our name from the "MMEM Ys Men Club" to the "Meredith Mathews East Madison Seattle Y Service Club". We are still in the process of completing the requirements to have the name changed on the National/International level.

This year, we were able to provide continued support for the Meredith Mathews East Madison branch of the YMCA through programs such as the Black Achievers Program and Partners with Youth annual fundraiser. Carl Phillips, who also co-founded the BAP program, led in our support of the BAP banquet which is the chief fundraiser for the program. Barry Howard organized and led our team in the raising of money for the PWY campaign.

There were also several unique events that occurred in 2010 in which we were able to provide support: In response to the earthquake tragedy in Haiti, we sent a donation to aid in the relief efforts. With the Regional convention being held in the Puget Sound area, we lent our services to the Seattle Downtown Club towards the organization of a successful convention.

Some of the activities that we have participated in this year will continue into the new year. Kwame Turner has been asked to help in the recruitment of new clubs at other YMCAs. We will continue to use Staffpro as a way to raise funds for our club. Over the

past 2 years, it has been our main source of income for our club treasury.

*Michael Coleman*

### Helena

The Helena Y Service Club helped ring the Christmas Bells for the Salvation Army on Dec 4<sup>th</sup>. There were 7 members working at a local grocery store for a total of 6 hours. On the 11<sup>th</sup> of Dec we all got together for a very nice pot luck dinner at Ila and Harvey's for our Christmas party and monthly meeting. The Club is planning a Time of Fast gathering at the Steen's home on Feb 5<sup>th</sup>.

*Billye Vincent, Pres*

### Great Falls

The Great Falls club still meets monthly, with a desert meeting or dinner with spouse. We meet at the YWCA at 7pm for a desert meeting. (*our city has no YMCA so we do community work & meet at the YWCA*)

FISH is our large project. There are 13 churches and the Y's Men involved. the Y's Men are scheduled to work every 3 months or 4 times a year. During the winter months we have several families who go south so not as many members work those months, but other than that 6-10 members work plus some spouse. Some members help out at St Ann's soup kitchen. We sponsor youth projects each year such as soccer, L.L. baseball, hockey, legion baseball, graduation parties at 2 high schools, Camp Child (Helena MT) YWCA Hands, Youth group home, FISH, plus all of the U.S. Area & International projects.

*Harold Spilde, President*

### Seattle Downtown/Metrocenter Y Service Club

Our big event this past year was hosting the Regional Convention and arranging a tour of the new Coal Creek Y at Newcastle, near Bellevue. We believe that out of this tour a new club may be born. We also many times are contacted by YsMen and YsWomen who are traveling to our country, given that Seattle is a port of entry city. We often are able to meet and greet visitors, show them around Seattle, and in many cases have a banquet in their honor, inviting our neighbor club, Meredith Matthews East Madison.

*Sharon Meadows, President*

### Salem

The Salem club is very active with their host Y, example helping with newsletters, working kitchen etc. The club members also volunteer as bell ringers at Christmas time for the Salvation Army. Their 2010 contributions for Endowment Fund and Dollars for Scholars were made in memory of Bob & Phyllis Baum. The club is busy preparing for their very successful annual book sale that will be taking place in March.

### Yakima

The club members are busy preparing to host the Regional Convention in June. They also have just completed their Book-a-Rama and are holding their spaghetti feed and Clear Lake run pancake breakfast.

*From their club "courier"*

# AlexFund



## Contributions Needed

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The Goal for 2011 is \$10.00 per Member and we have 88 members in the Region - so the goal is \$880.00

We have raised only \$200.00 from two clubs, Great Falls and Salem.

This money is used by the US Area to provide undergraduate scholarships to University Students who plan to work for **the YMCA as a career.**

**If a club selects a student locally and provides a scholarship, that money will count toward our goal. Be sure to send me the details. Please mail to me your ASF contributions for the Area USA Alex Fund.**

**Make your check payable to:**

**Y's Men International - Alex Fund**

**Mail to: Hans Leistina, RSD-Unit #D-35  
17431 Ambaum Blvd. So. Burien, WA  
98148 Thank you,**

**Hans Leistina located in Burien -Center  
of the Known World**

## Notes from AP Phil Sammer

Roll Back Malaria: The new program was launched last October on United Nations Day and will continue for the next four years. Donations are due in March and will go directly to purchase treated nets that help reduce the incidence of malaria in young children. It's a great program and I hope all regions will participate.

Meals on Wheels, our national Area project, is coming up again in March. Many clubs and regions participate in MOW programs including fundraising, meal deliveries and public awareness projects. I hope that the collaboration with Meals on Wheels will continue year round with particular emphasis on National Awareness Month in March.

US Area Convention: There is already a great deal of excitement brewing about the US Area Convention that will take place in St. Louis, Missouri from July 7 to 10, 2010. Chair McKinley Johnson is promising a memorable event with activities to interest everyone. We will also have a Youth Convocation in conjunction with the convention and I am asking every Region to send a least one representative to this important event. Registration forms for the convention are available on the area website ([www.ysmenusa.com](http://www.ysmenusa.com))

Please feel free to contact me at any time at [psammer@lava.net](mailto:psammer@lava.net) or call 808-780-9200 (Hawai'i time is 2 hours behind the West Coast in winter and 3 hours in summer)

## **UPDATE on Water for Humans project in Mexico**

*Water for Humans* is moving closer to its goal of building a natural wastewater treatment system in Oaxaca, Mexico. Right now there are two defunct traditional wastewater treatment plants in that location in Santo Domingo Barrio Bajo Etna (SDBBE).

Since June, we formed a partnership with Natural Systems International (NSI - <http://www.natsys-inc.com/>). NSI has pioneered constructed wetland technology over the last twenty-five years and has designed over six hundred constructed wetlands throughout the world, including four that were actually built in Mexico. Our main contact, Dr. Firdaus Jhabvala, used to live in Mexico (lives outside of Houston now) and still owns a company in Mexico that built five constructed wetlands there. We hired Dr. Jhabvala as a consultant and in July, he visited Oaxaca, the community and the site for the treatment plant we want to build. While there, he met with the key personnel (organizations and community members) involved with the project. At the completion of his trip, there was unanimous excitement, support and momentum to move forward with the project.

The estimate for the entire project, at this point, is \$35,000,000 pesos (\$2.9 million USD). The federal water commission has committed to finance \$1.8 million USD. We are currently soliciting the new (term began 12/1/2010) Governor of Oaxaca for the balance of the funding. Meanwhile, we will begin working with the community on other smaller, but related projects.

One of the smaller projects may be to help with the 'dry latrine' effort in the village. Our NGO partner in Oaxaca, INSO (Institute of Nature and Society of Oaxaca), has been working with SDBBE on this project since 2008. 'Dry latrines' are composting toilets that allow humanure (after it has been sufficiently cured to make sure that all harmful pathogens have been destroyed) to be used as crop fertilizer. We are currently talking to INSO to determine how we can help move the project forward. SDBBE does not have a sewage system. The wastewater that contaminates the village comes from the Villa de Etna, uphill from them.

Other small projects we will be considering are setting up gray water systems in homes to make sure that gray water is cleaned up before it is released into the environment or is recycled for other uses. None of the smaller projects have been decided upon yet, but these are two that we will be considering.

By focusing on these smaller projects, the natural wastewater treatment system will eventually become the final step to ensure that the groundwater in the area is not contaminated from residential human sources. Our ultimate goal is to see potable well water available for the village.

*Stan Brown, Treasurer, MMEM Y Service Club*

Emphasis Months of IP Fujii  
2010-2011

<u>JULY</u>	ALEXANDER SCHOLARSHIP FUND/ ENDOWEMENT FUND
<u>AUGUST</u> -	YOUTH EDUCATION EXCHANGE/ STEP
<u>SEPTEMBER-</u>	MEMBERSHIP DEVELOPMENT
<u>OCTOBER-</u>	EXTENSION/ Y.E.S.
<u>NOVEMBER-</u>	INTERNATIONAL BROTHER CLUBS
<u>DECEMBER-</u>	CHRISTIAN EMPHASIS
<u>JANUARY-</u>	<b>BROTHERHOOD FUND</b>
<u>FEBRUARY-</u>	<b>TIME OF FAST</b>
<u>MARCH-</u>	<b>COMMUNITY SERVICES</b>
<u>APRIL-</u>	YMCA LIASON/PUBLIC RELATIONS
<u>JUNE-</u>	EVALUATION & TAKING OVER

Booster Member Awards

The club Presidents should have received Booster Member Award applications. This award is earned by a member who has recruited three or more members between February 1, 2010 and February 1, 2011. A Club can also earn a Booster Club award by increasing membership by six or more during the same time period. The applications need to be returned to me by February 15, 2011. If you qualify and need an application, let me know ASAP.

*Lee Woodard, RD*

Upcoming Events

PNW Regional Board Meeting Seattle, Wa. April 16, 2011 (tentative) Details TBA	US Area Convention St.Louis, Missouri July 7-10, 2011
PNWR Convention June 11-12, 2011 Yakima, Wa. Location TBA	International Convention Stavanger, Norway 2012

## International and US Area Leadership

<b>International President</b> Past International President	<b>Hirotohi Fujii</b> Kevin Cummings	<b>h.fujii@chuokasei.com</b> kevinc@ns.sympatico.ca
<b>US Area President</b> US Area President-Elect Past US Area President US Area Secretary US Area Supply Office	<b>Phil Sammer</b> Mary Ann Phillips Fred Leonard Anne Stuckel Tibor Foki	<b>psammer@lava.net</b> hmaphil02@aol.com fleonard@cablelynx.com stuckinst1@charter.net fokiscopeit@verizon.net

## REGIONAL TEAM LIST eff.07/01/10

<b>Regional Director</b> Past Regional Director Regional Secretary Regional Treasurer DG Cascade District DG Intermountain Alexander Scholarship Fund Bulletin Editor Brotherhood Fund Brother Clubs Christian Emphasis Community Service Extension Endowment Fund Leadership Training Historian Membership Conservation Public Relations Travel Coordinator Time of Fast Liaison to YMCA's	<b>Lee A. Woodard</b> Harold Spilde Ila Steen Harvey Steen Wayne Smith Harold Spilde Hans Leistina Lee A. Woodard Harvey Steen Billye Vincent Marthetta Severson Alyce Perry Kwame Turner Orvin Sletten Wayne Smith Harvey Steen Kwame Turner Sharon Meadows Ila Steen Robert Sims vacant	<b>woodardins@yahoo.com</b> <b>Ph. 425.328.4535</b> hjispilde@mcn.net histeen2@yahoo.com histeen2@yahoo.com gtwsmith@crcwnet.com hjispilde@mcn.net hans_leistina@yahoo.com woodardins@yahoo.com histeen2@yahoo.com dbar3150@aol.com sev4sun@gmail.com 4alyce@gmail.com kwame8@comcast.net orvviv44@comcast.net gtwsmith@crcwnet.com histeen2@yahoo.com kwame8@comcast.net smeadows_46@msn.com histeen2@yahoo.com rsims4u@hotmail.com
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## CLUB PRESIDENTS

Great Falls Helena East Madison-Sea Ys Men's Salem Seattle Downtown Yakima	Harold Spilde Jr. Billye Vincent Fordie Ross Bob Severson Sharon Meadows John Herdrich	hjispilde@mcn.net dbar3150@aol.com fordieross@msn.com sev4sun@gmail.com smeadows_46@msn.com jherdrich@fairpoint.net
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