



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

February 2015

WWW.BLUEBILLS.ORG

VOLUME 21 ISSUE 2

Chairman's Corner

By Doug Hoople



New Responsibilities-New Challenges

New Possibilities-New Opportunities

Taking on the responsibilities as Chairman of the Heritage Chapter without first serving as a Vice-Chairman (or any other position) is a challenge. Although we all think we know how the Bluebills operate, until you actually accept the leadership position and visit the office to see what needs to be done, you cannot understand the responsibilities and challenges. You can start by reading the By-Laws and add to that the advice of those who have served in the position in the past. Luckily we have two experienced Vice-Chairmen who have served as Chairman in the past. I am tapping into their experience to answer the questions on what is next and what needs to be on the schedule. Richard Vaughn is also a great source of reference and background materials.

I am building a simple work plan that will provide a visible calendar of the chapter meetings, activities, and events that anybody on the organizational chart can use to understand what's happening in the Chapter and who is the contact person. We are establishing a standard agenda for the Heritage Chapter Leadership Council Meetings. Action items generated at the meetings will be assigned, documented and tracked to ensure completion.

The next step is to find candidates to fill the

empty positions in the office/organization chart. To ensure we have a solid foundation of effort, we will also be looking for backup people, so there will be no gaps in effort when someone is away. We need someone for Education, Volunteer Coordinator, Retiree Assistance Program/Community Outreach and Recorder. Each position is equally important and necessary for our success and smooth operation.

To ensure that we all know what everybody is doing and their responsibilities, I'm going to build on the job duties and responsibilities lists started by Richard Vaughn and create a Bluebills Heritage Chapter Operating Manual.

Will you join me in taking on new responsibilities and challenges as we find people to fill key positions? Will you expand your volunteer activities to accept the opportunity to serve the Bluebills? If you do, see me, Don or Howard.

At the end of this monthly Chairman's Corner notes I am continuing to acknowledge someone who has provided us with insight or service in the Bluebill tradition. This month, Jim Lee is the individual I'd like to highlight. Jim, the special projects person on the Heritage Chapter Leadership Council seems to be always there in a supporting role: repairing and setting up computers for his Senior Center, doing the same for Kids in Need, being our newspaper editor, taking pictures at every event and doing what's necessary to get Bambi where ever. Jim is always there doing something to support our volunteer efforts. At the next meeting, please find him and say "Thanks for all you do."





Busy B's

by Janice Hawes

Hi Bluebills,

The Busy B's are back at work after our winter break. It's always nice to get back together and catch up with what's happening with everyone. We have our usual projects to work on and as usual, everyone has their own unique styles of designing quilts. Always lovely results!

A Boeing retiree donated a beautiful quilt with matching pillows and we are going to raffle this off. It will be displayed at the January and February monthly meetings and the drawing will be held at the March meeting. We'll sell raffle tickets at these meetings at \$1.00 each. They will be available at the office on Tuesdays and Thursdays also.

We have our usual donation of quilts and medical dolls for Children's Hospital this month, which will be delivered by Zip Zuther. We'll be working on more quilts for Veterans Hospital and Compass house and Child Haven. As you see, we do keep busy.

Volunteer Opportunities

Submitted by Norma Vaughn

Helping Link, a service organization working with the Vietnamese community of Seattle, is searching for assistance in their office that is located at 1032 S. Jackson St., Seattle, WA. They provide free parking. If you can help them for two (2) hours per week, starting time is 2:00 p.m., please call their Executive Director, Minh-Duc Ngyen (pronounced Win) at 206-568-5160.

January Chapter Meeting Recap

By Mary Ulibarri

Chairman Doug Hoople called the meeting to order with the Pledge of Allegiance. There were no guests or

new members in attendance. Two birthdays were recognized: Jim Bunt and Arlene Addington and one anniversary: Howard and Jean Syder.

Janice Hawes called attention to the beautiful quilt and pillow set on display and announced they will be raffled at a future meeting. Nice prize, join in.

Doug asked Fran Parker and Lonnie Stevenson to address plans to honor the recent passing of our wonderful Maybelle Brickley. She was such an integral part of the Bluebills and the epitome of a good friend to many. See related section in the newsletter for details. Doug stated the Bluebills also lost two members of the Sno-King Chapter: Betty Brennan and Herb Robbins. Rest in Peace, dear friends.

Jim Beasley then introduced the speaker Jennifer Gryniewicz, group fitness instructor, personal trainer and lifestyle coach at the Coal Creek Family YMCA in the Bellevue/Newcastle area.



Jennifer is a wife and mother of three teenagers (ages 19, 16, and 14). She received her Bachelor's degree in Psychology and Business from Indiana University and an MBA in Marketing from Wayne State University. Jennifer

had been a stay-at-home mother for 19 years. Because of her passion for fitness she decided to pursue her ACSM Personal Training Certification in 2007 and started her own part-time business working with clients out of her home to help them learn to prioritize and enjoy physical activity.

Throughout her time at the Y, Jennifer has developed a true passion for working with the senior population to help them lead healthy active lifestyles in spite of various limitations. She currently teaches the Active Older Adults Strength Class, Water Fitness, Enhance Fitness, and just recently started a new program at the Coal Creek Y working with the Arthritis and Injury Group on the

weight machines.

Jennifer expressed her delight for the opportunity to speak to our members about healthy aging and how the Y can help us all lead activity healthy lives. Her goal was to present facts about the Y, statistics on aging and lastly, what types of programs are available to help folks maintain and improve quality of life as one ages.

With the help of slides, videos, and a brochure, Jennifer started with a brief history of the YMCA. It was started in 1844 by George Williams in England and was called The Young Men's Christian Association, more commonly known as the YMCA. The original mission was to provide bible study for young men who were drifting from the farms to the city and getting into trouble.

The first YMCA in America was started in Boston in 1854 and the first one in Seattle started in 1876. The YMCA has always been an organization that serves the needs of its community. Today it is referred to as the Y as it no longer just serves the needs of young men. The Y serves the entire community - including men, women, children, senior citizens, families, plus mental health and disaster relief. The Y is a cause-driven organization that is committed to healthy living and for social responsibility.

Jennifer then focused on the healthy living aspect of the Y and how it is serving older adults in the community. She reviewed some important statistics on aging in this country. The CDC (Centers for Disease Control and Prevention) predicts that the population of Americans over the age of 65 will double within the next 25 years and that by the year 2030, older adults will account for more than 20% of the U.S. population. This increase over the next 25 years is unprecedented in the history of the U.S. In other words, Americans are living longer.

As the population of older adults increases, unfortunately so does the health crisis. Two-thirds of older adults in America have multiple chronic conditions (heart disease, type II diabetes, arthritis, stroke, bone loss, cancer, anemia, etc.) and account

for 66% of the country's health care costs. Not only are these chronic conditions costly, they also negatively affect the quality of life of older adults, contribute to declines in functioning and severely limit the ability of older adults to remain active in their communities.

Some concerns of those who are aging and living longer are lack of mobility, falling, and memory loss. Jennifer named considerations for ways to reduce the risk of disease while maintaining and improving the quality of life, for example, diet, exercise, and social interaction. The good news? It is never too late to start improving your quality of life. According to the U.S. Surgeon General, many diseases and disabling conditions associated with aging can be prevented, postponed or improved with regular physical activity. Here are some recommendations:

Aerobic – walking, swimming, biking, elliptical, running.

Strength Training – resistance exercises, hand held weights, weight machines.

Next Jennifer looked at some areas of aging where regular physical activity can be beneficial: overall mortality, cardiovascular diseases, Type II diabetes (non-insulin-dependent), osteoarthritis, balance, mental health and basic quality of life.

Jennifer then showed a video regarding the Enhanced Fitness program provided by the YMCA. This program offers seniors a way to promote healthy lifestyles, improve quality of life, and meet the U.S. Surgeon General/ACSM guidelines. It is not offered at every Y at this time; however, there are several other programs offered at all Y's throughout the greater Seattle area that address the aforementioned guidelines.

As an example of exercise classes for seniors, Jennifer read a list of some that are offered at the Coal Creek Y. Visit or call your local Y for a tour and to get more details of the programs they offer in your community. Also, check with them for social events offered for seniors. She then opened the floor to questions and took care to answer each and every one of them.

Chairman Doug thanked Jennifer, held the door prize drawings and adjourned the meeting with a "GO HAWKS" shout out for the home team to win the XLIX Superbowl game.

IN MEMORIAL



Maybelle Brickley died peacefully at the age of 78 on January 3, 2015 at home. Maybelle was born August 23, 1936, in Bellingham, Washington. She married Ralph Evans in 1956 and after his passing, married James Brickley in 1975. They were married almost eighteen years before he passed away battling cancer.

Maybelle loved the outdoors, tending to her yard and flowers, taking a walk along the beach, and riding her bike to Coulon Park for an outdoor concert. Maybelle loved gathering family and friends together and very much enjoyed a good barbeque or picnic. She loved books, music and the theater. You could always find a crossword puzzle, a baby blanket or a quilt nearby that she was working on for those special occasions throughout her life. She knitted and crocheted hundreds of hats and mittens for children and families in need and for cancer patients. She has left her imprint of love for so many, sharing her faith and commitment to give more than you receive.

Maybelle has always had the heart of a volunteer. When her children were young she was active in scouting, sporting events and school programs, encouraging and supporting all of the children. After retiring from Boeing she lived her life finding ways to help wherever there was a need. She volunteered with Bluebills, Meals on Wheels, The Puget Sound Blood Bank, USO, and various other organizations. She was an active member of Renton First United Methodist Church.

Her kindness, compassion, humility and love will be so missed by her family and dear friends. She was ferociously independent and always thought of others before herself. She inspired us to be good to one another and to keep hope alive. She will be sorely missed by her friends in the Bluebills.

A Celebration of her Life was held Saturday, January

31, 2015 at the Renton First United Methodist Church. Remembrances may be made in honor of Maybelle to UW Center for Cancer Research (UW Foundation, Box 358045 Seattle, WA 98195), her church or a charity of your choice.

At the January 30th Bluebills monthly Chapter meeting, the members discussed a number of options for honoring Maybelle as a group. The consensus was to place a star shaped tile dedicated to her at the USO center in the SeaTac Airport. The new facility is scheduled to open in February, which will allow her star to be added to others placed there honoring three former Bluebills. A spot will be reserved when the stars are moved from the original location. A collection was started at this meeting and will be repeated at the February meeting. If you were not able to attend and want to contribute, you may send a check made out to the USO Memorial Wall to Lonnie Stevenson, The Boeing Company, P.O. Box 3707, MS 27-04, Seattle, WA 98108 by the end of February.

Speaker for February

by Jim Beasley

The speaker for February will be David Selk, director of horticulture for Woodland Park Zoo, Seattle. David has been in the horticulture field since 1979 and has been at the Woodland Park Zoo since 1993. The zoo is responsible for the maintenance of the Woodland Park Rose Garden and he will speak on the care, challenges, and choices made in the care of this Seattle treasure. He will conclude with some general information about the role the zoo's landscape plays in the animal exhib-



Memory Test



It's that time for us to take our senior citizen test.

Exercise of the brain is as important as exercise of the muscles. As we grow older, it's important to keep mentally alert. If you don't use it, you lose it!

Here is a very private way to gauge your memory. Some may think it is too easy, but the ones with memory problems may have difficulty.

Take this test to determine if you're losing it or not. Relax clear your mind and begin.

#1. What do you put in a toaster?

2. Say 'silk' five times. Now spell 'silk.' What do cows drink?

3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from?

4. Do not use a calculator for this:

You are driving a bus from New York City to Philadelphia.

In Staten Island, 17 people got on the bus.

In New Brunswick, 6 people get off the bus and 9 people get on.

In Windsor, 2 people get off and 4 get on.

In Trenton, 11 people get off and 16 people get on.

In Bristol, 3 people get off and 5 people get on.

And, in Camden, 6 people get off and 3 get on.

You then arrive at Philadelphia Station.

Without going back to review, how old is the bus driver?



Answers to Test

#1. 'bread'. If you said 'toast', just give up now and go do something else. And, try not to hurt yourself.

#2. Cows drink water. If you said 'milk', don't attempt the next question. Your brain is already over-stressed and may even overheat. Content yourself with reading more appropriate literature such as Women's Weekly or Auto World.

#3. Greenhouses are made from glass. If you said 'green bricks', why are you still reading this?

#4. Oh, for crying out loud! Don't you remember your own age? It was **YOU** driving the bus!

Calendar of Events 2015

Feb 12	Heritage Leadership Meeting
Feb 27	Chapter Monthly Meeting
Mar 12	Heritage Leadership Meeting
Mar 27	Chapter Monthly Meeting
Apr 16	Heritage Leadership Meeting
Apr 24	Chapter Monthly Meeting
May 14	Heritage Leadership Meeting
May 29	Chapter Monthly Meeting
Jun 11	Heritage Leadership Meeting
Jun 26	Chapter Monthly Meeting
Jul 16	Heritage Leadership Meeting
Jul 31	Chapter Monthly Meeting
Aug 13	Heritage Leadership Meeting
Aug 28	Chapter Picnic (TBD)
Sep 10	Heritage Leadership Meeting
Sept 25	Chapter Monthly Meeting
Oct 15	Heritage Leadership Meeting
Oct 30	Chapter Monthly Meeting
Nov 12	Heritage Leadership Meeting
Nov 20	Chapter Monthly Meeting
Dec 10	Heritage Leadership Meeting
Dec 18	Chapter Monthly Meeting

Food Bank Schedule For 2015

Bring a non-perishable food item to monthly meetings to be given to a different food bank each month.

February	Bellevue	Doug Hoople
March	Federal Way	Jim & Bambi Lee
April	Maple Valley	Vaughn's
May	Kent	Bob Stubbs
June	Auburn	Lonnie Stevenson
July	West Seattle	Marian Herrin
August	Tacoma	Ted & Judy Leyden
September	Renton	Bob Lambert
October	White Center	Eileen Bear
November	Issaquah	Eleanor Skinner
December	Des Moines	Dave & Mary Frantz
January	Highline	Marian Herrin

Bluebills - Heritage Chapter

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Bluebills Heritage Chapter Meeting

February 27, 2015

VFW Post 1263
416 Burnett Ave S
Renton, WA

10:00 AM Social 10:30 AM—12 Noon Meeting

Speaker: David Selk, Director of Horticulture, Woodland Park Zoo

Topic: "Woodland Park Rose Garden"

Bring a non-perishable food item to monthly meetings to be given to a different food bank each month

Please Note:

The Bluebills monthly meetings are held at the VFW Post 1263, 416 Burnett Ave South, Renton, WA. Parking is available in the lot immediately across the street from the VFW.

Bluebills Monthly Volunteer Hours

Volunteer Name _____

Phone Number _____

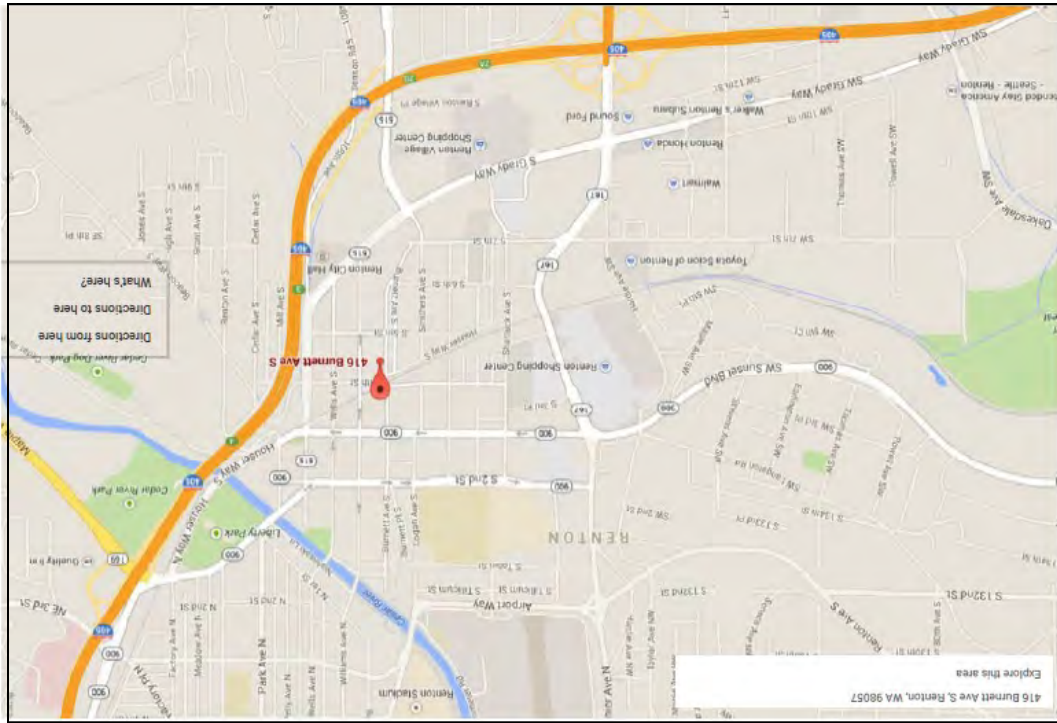
_____ **Hours worked** _____ For _____
(month/year) (agency name)

_____ **Hours worked** _____ For _____
(month/year) (agency name)

_____ **Hours worked** _____ For _____
(month/year) (agency name)

Please send completed hours form to Bluebills, PO Box 3707 2T-04, Seattle, WA 98124
Email to bluebills@boeing.com or bring to Bluebills monthly meeting

Bluebills Heritage Chapter Meeting: 416 Burnett Ave S, Renton WA 98057



From the **north** take 405 S to **Exit 4** Sunset Blvd N to Bronson Way. Keep right and continue on S 2nd St. to Williams Ave S. Turn left onto Williams Ave S and turn right onto 5th St. Go one block and turn right onto Burnett Ave S to VFW. From the **south** go north on Highway 405 to Exit 2 Hwy 167 Rainier Ave S. Go north to S Grady Way. Turn right on S Grady Way to Talbot Rd (3rd light) turn left on Talbot Rd. One block turn right on 7th St and then left on Burnett Ave S. Continue three blocks to VFW.

