

The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

JULY 2013

WWW.BLUEBILLS.ORG

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Chairman's Corner

By Don Hilt

The 25th Anniversary Edition of "All I Really Need to Know I Learned in Kindergarten" was released this year. Written by Robert Fulghum, in 1988, the premise of the book is that the basics for living a successful and happy life stem from what we all learned in kindergarten. It's a wonderfully funny, honest look at the world, offering great observations about simple things. It makes us think a little more about life's lessons and what truly matters in our daily life. Things like: Live a balanced life ~ Wash your hands before you eat ~ Don't take things that aren't yours ~ Share everything ~ Put things back where you found them ~ Play fair ~ Flush ~ Take a nap every afternoon ~ Warm cookies and cold milk are good for you ~ Say you're sorry when you hurt someone ~ Be aware of wonder ~ Goldfish, hamsters and white mice all die, so do we ~ When you go out in the world watch for

traffic, hold hands, and stick together. To this list I would add, don't take people for granted and be generous with praise and recognition. I believe it's a life lesson to remember and use often.

With that said, I want to recognize the efforts of several Bluebills in the Heritage Chapter who have given long and dedicated service to our chapter ~ Norma Vaughn, Maybelle Brickley, and the Busy B's. I may have been guilty of taking them for granted until, as Chairman, I began spending most Tuesday mornings with them at the Office and had an opportunity to see how much they do and how hard they work.

As Office Manager, Norma Vaughn manages the administrative work that keeps the Chapter running smoothly and efficiently. Without her hard work, tenacity and attention to detail, things would surely fall through "the cracks." Norma is also the Chair-

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Total Bluebills Volunteer Data for 2012

	Number of		
	<u>Hours Reported</u>	<u>Volunteers Reporting</u>	<u>Projects</u>
1st Quarter	20,879	583	623
2nd Quarter	22,004	529	561
3rd Quarter	20,269	541	560
4th Quarter	<u>25,167</u>	<u>574</u>	<u>522</u>
Totals for the Year	<u>88,319</u>	<u>2,227</u>	<u>2,266</u>

Value of one volunteer hour = \$22.69

(WA State value)

Total Value of Bluebills Volunteer Hours for 2012 = \$2,003,958.11

man of the Bluebills Central Leadership Council. Maybelle Brickley is the chapter's Volunteer Coordinator. Last year she tracked over 2,000 projects and 88,000 volunteer hours. She also records the minutes for the Bluebill's Heritage Chapter Leadership Meetings. The Busy B's are also hard at work in the office on Tuesdays. The chairman of this group is Janice Hawes. Her team makes things needed by others, including quilts, afghans, lap robes, knitted caps, and dresses for Barbie dolls. They have also started making stuffed, cloth dolls that doctors use for explaining surgeries to children! Other members of the Busy B's include Yoshi Akers, Jean Derheim, Joyce Hassler, Bambi Lee, Lana Mitsules, and Lisa Nyreen.

All of the women I've mentioned are amazing. I hope you will find an opportunity to personally thank them for all that they do!

Have a happy and safe 4th of July as our country celebrates its 237th year of freedom and independence. I hope our summer brings warmer weather and less rain. Anything in the 70s, with clear blue skies and a light breeze would be perfect.

As for me, I'm going to have a cold glass of milk, warm cookies, and take a nap!

June 2013 Heritage Meeting

By Micki Brown

Our June 28th meeting began with Jim Petersen leading us in the Pledge of Allegiance to the Flag. Automatically everyone respectfully stood, removed their hats and placed their hands over their hearts and thus recited this simple pledge to honor and uphold our nation.

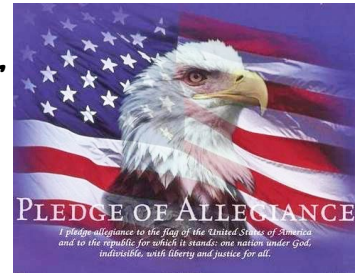
Have you stopped and wondered what a "pledge" of "allegiance" is? The Merriam Webster Thesaurus says a "pledge" is *a person's solemn declaration the he or she will or will not do something*, and "allegiance" is *adherence to something to which one is bound by a pledge or duty*.

Our **Pledge of Allegiance** of the United States is an expression of loyalty to the federal flag and

the republic of the United States of America, originally composed by Francis Bellamy in 1892 and formally adopted by Congress as the pledge in 1942. The Pledge has been modified four times since its composition. Congressional sessions open with the recital of the Pledge, as do many government meetings at local levels, and meetings held by many private organizations. It is also commonly recited in school at the beginning of every school day, although the Supreme Court has ruled on several occasions that students cannot be compelled to recite the Pledge, or punished for not doing so.

According to the United States Flag Code, the Pledge of Allegiance reads:

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.



With the birth of our nation being celebrated on Thursday, July 4, 2013, may we all keep this Pledge in the fore front of our heart and mind.

Continuing with the meeting, Don Hilt introduced several visitors who we hope will become new members. Quite a few birthday celebrants were announced with ages running between 76 and 84 - WOW! And these folks are some of our most active members!

Announcements:

Doug Hoople spoke for the *USO Northwest*, announcing the expansion of their space at SeaTac Airport. Currently the space is 3400 square feet and is increasing to 7000 square feet!! Why, some may ask, do they need that much space?? Well, their usage by the men and women in the armed forces who travel through our airport has increased 400% over previous years. They serve

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over 10k members and their dependents *each month*.

The cost of the expanded area (which will be across from the current location) is \$1.2 million, with \$600,000 remaining to be raised. To that end, a 'challenge coin' has been designed to work toward meeting that balance. For \$25 you may be the proud owner and supporter. Better yet, **Doug is matching your costs** - now that is one generous American! The USO Northwest website address is www.usonw.org.

Kathy Lyon is leading the support for the Bluebills to support our table at the *2013 Puyallup Fair*. A sign-up sheet was circulated for volunteers to support this between Friday, September 6th, and Tuesday, September 10th — when you volunteer, you get free admission to attend the fair either before or after your shift — what a deal!!

Don Hilt announced for **Eileen Bear** the need for volunteers for July 19th at 9 AM, South Park Bluebills office, to prepare gift bags for the *assisted living homes* our Chapter supports.

Maybelle Brickley announced several *opportunities for volunteering* (please see her article elsewhere in this newsletter).

Annual Heritage Chapter of Bluebills Picnic will be held August 23rd at the Riverview Park, 2901 Maple Valley Highway, Renton, WA.

Fran Parker announced a change in our Chapter's support of the *School Supplies for Children* in that funds will be needed to support this year's efforts. A "pass the hat" resulted in \$477.98 in donations - that's a good start. Fran can be contacted at par-ker33@q.com.

Jim Beasley then introduced our speaker, Constance "Connie" Sidles, President of Constancy Press, LLC, and Board Member of the Seattle Audubon Society, author of five books and more



than 550 articles in 65 different publications. As a graduate from the University of Chicago with a degree in Egyptology, Connie's topic on "Environmental Preservation" captured everyone's attention as she had a wonderful slide show of the multitude of birds we in the PNW are able to enjoy. She has spent her career working on current issues,

especially environmental preservation. She began "birding" in her local backyard - the Mont-



lake Fill, 75 acres of wild beauty on the University of Washington campus, restored as a nature reserve in 1986. During the slide show, she educated us on how birds must *adapt to their environment* while we as humans *adapt our environment* to our needs. She schooled us on their needs for food, which ranges from water and seeds to nuts and insects. (There are a lot of birds who are as carnivorous as well as 'vegetarians!') To entice birds to your property you can provide places to nest in thick bushes which can be located near a feeder (keep these clean!) and a bird bath (they like these clean too!). If cover is available, birds will nest in bushes as well as trees and snags. Some birds build their nest inside holes of poles, trees and snags, as well as some building beautiful hanging nests like those for hummingbirds which we saw in her slide show. Connie also display a collection of birds that were preserved, making it possible to see up close, the beauty of nature.

Connie will be teaching "How Birds Work", a three part class, at The Learning Center. Her website is www.constancypress.com.

"GBye all" Micki

NORTHWEST HARVEST

The Bluebills have a proud tradition of being involved in hunger relief, volunteering at Food Banks, fund raising,



donating food and supplies and many other activities.

For the past couple of years I have had the opportunity to volunteer as a major

partner in this effort – Northwest Harvest. I know Bob Stubbs also volunteers every week and I have worked with several other Bluebills donating their time.

Northwest Harvest was created by Seattle Community Members in 1967 to feed the hungry. It has grown to be a large operation with capability to fulfill this role. They have a fleet of trucks, warehouses in Eastern, Central, Western and Coastal Washington and a network of partner Food Banks (360), hot meal programs and high need elementary schools. Their mission is “to provide nutritious food to hungry people statewide in a manner that respects their dignity, while fighting to eliminate hunger.” Their vision is “that ample nutritious food is available to everyone in the state.”

Northwest Harvest is the only non-profit Food Bank distributor operating statewide providing 1.7 million meals per month. Total food distribution has grown to 26 million pounds per year from 17 million four years ago. To ensure nutritious, diverse food they purchase 8 million pounds per year; seventy percent of the food distributed is fruits and vegetables. Funding comes from individuals, businesses and foundations. Volunteers contribute more than 92,000 hours per year – 40 percent of the workforce. Total number of employees statewide is 65. Their local warehouse, located in Kent, is 94000 sq.ft. Food is contributed by various agencies, businesses, national distributors and farmers. With their size, purchasing power and volunteer support they can provide a meal for a family of three for 67 cents. Ninety two percent of the total budget goes to food distribution.



A number of things about the operation have impressed me. One is efficiency. The Kent warehouse, where food is processed for distribution to partners, is set-up with

packing tables, round carousel type rotating tables, taping tables, conveyors, box building, weighing and pallet stacking in a very efficient process. (The picture shows one of the work areas). This layout works well and is necessary because in a large group most of the members are there for the first and maybe only time. With a short introduction the group is able to perform in a very productive manner. And the process is flexible because some days there may be only a dozen or so and the next day up to 125. .

Another thing is the cleanliness and attention to detail. Again, as you will see in the picture, we wear gloves and goofy hair nets. (I forgot to remove mine one time and wore it to McDonalds). The bulk food, beans, oats, pasta, et cetera, is measured and placed in approximately one pound bags, which are sealed, wrapped and placed in boxes. The boxes are weighed, taped and stacked on pallets which are moved by fork lift to storage. Donations of canned and package foods are sorted, checked for “use by dates” and damage to containers, and then loaded into boxes of about 20 to 25 lbs. An attempt is made to have each box contain a mix of types of food appropriate for a family. This assists partners in stocking and final distribution. Other donations such as apples or pears are inspected one by one to be insure that they meet quality standards.

For more information on this subject including how to donate money, food or time, go to: www.northwestharvest.org.

Bill Baker

Busy B's

The Busy B's received more donations at last month's meeting. Kathy Lyons brought in some lovely knitted hats and a beautiful lap robe. She has made many knitted hats over the years and is very much appreciated. I think of all the babies at the Pediatric Interim Clinic and the newborns at Valley Medical Center who were the recipients of her work and thank her from all of us.

Carmel Camerini met me at my car to give us bags of stuffed animals and craft supplies. So nice of her to think of passing on “stuffies” for the little kids at Christmas.

I recently went on a tour of Children's Hospital with Zip Zuther. We met with the Volunteer Coordinator, Alison Garrison and presented her with 12 quilts made by the Busy B's. This hospital is a truly amazing place and is doing great work. Alison invited all the Busy B's to return for a tour as soon as we can coordinate it.

We take pictures of our quilts when we finish them and Don Hilt recently installed a rod for us to hang them on

while they are having their picture taken. We certainly appreciate his handy work and quick response to our request. We plan on leaving a quilt on display and change it periodically. We also have a picture display of quilts and other items that we have made. If you're in the "neighborhood" please drop by and see us in action. If you would like to join our busy group, you are very welcome.

Our favorite provider of Stuffies, Becky Prenavost, gave several bags full of these to Bambi, along with 37 Barbie dolls, a lot of them with nice outfits.

Don Hilt and his wife went thrift store shopping and gave me 56 more Barbie's to add to a lot of children's future happiness. This should keep me busy for quite some time.

All of our lady Busy B's continue to produce some beautiful quilts and it's such a pleasure to work with all of them.

Enjoy your summer I think it's about here.

Janice

HOPELINK SCHOOL SUPPLY EVENT DISTRIBUTIONS

Hopelink needs volunteers to help at their distribution events in August. If you are able to volunteer for this project please contact Hayden Brooks at 425-943-7577 Location Hopelink Sno-Valley Center 31957 E Commercial St. Carnation, WA 98014

Wednesday, August 14 at 3:00 PM-6:30 PM. Location Old Redmond Schoolhouse Community Center 16600 NE 80th St. Redmond, WA 98052

Saturday, August 17 at 11:00 AM-3:30 PM Location is The Church of Latter-Day Saints (Totem Lake) 13220 NE 132nd St. Kirkland, WA 98034

Saturday, August 17 1:00 PM-5:00 PM Hopelink Redmond Center 16725 Cleveland St. Redmond, WA 98034

August 19, 10:00 AM-2:00 PM Location – Sammamish Teen Center at 825 228th Avenue NE Sammamish, WA 98074

Thursday, August 22 4:00 PM-6:00 PM Location, Hopelink Kirkland/Northshore Center 11011 120th Avenue NE Kirkland, WA 98033 and Friday, August 23 12:00 PM-4:00 PM

Maybelle Brickley

Federal Way Senior Center Yard Sale !

Friday I was busy helping to set it all up, then Sat Am I was there working from 7:30 AM to closing,, packing up and all that jazz, but it paid off in many ways. We sold lots of stuff, made money needed.

THANKS JUDY & TED for coming by, YOU ARE THE BEST !!

SO it ends that I was able to pick up what we can use for our Christmas give away's to food banks, and I felt I came out pretty good, so all in all, the results, **DONATIONS FROM THE FWSC yard sale !!**

- 8 nice warm caps
- 5 pr of nice warm gloves
- 1 set of 3—Red fleece Cap/neck scarf/gloves in bag.
- 16 stuffed animals
- 1 "TIGGER" on a spring< adorable>
- 3 Barbie's
- 4 New Puzzles (for boys, Yippee skippee)
- 4 Tri-Fold foam kits< dinosaurs>
- 2 Foam Play Kits < boys stuff>

ALSO, < I expect Fran will want for 'the kids school stuff"

- 36 pkgs (of 5 @) Pencils (total 180)
- 11 single new pencils
- 17 'used but long pencils'
- 54 Paper Report covers< all paper>
- 21 Paper Report covers< clear plastic fronts>
- 6 Pee Chee's

THANKS FEDERAL WAY SENIOR CENTER for the Donations, they shall be put to good use I know..

And BTW, ALL that time I put in app 15 hrs., we get to use for our Hour count, keep that in mind folks, keep track of your time so you can turn it in to Maybelle and BBB gets credit for it, YIPPEE SKIPPEE

Hugs to all, Bambi

Bluebills - Heritage Chapter

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Food Bank Schedule For 2013

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

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

*Heritage Chapter Picnic
August 23rd
Riverview Park, Renton
2901 Maple Valley Highway*

Calendar of Events 2013

Jun 13	Heritage Leadership Meeting
Jun 28	Chapter Monthly Meeting
Jul 11	Heritage Leadership Meeting
Jul 26	Chapter Monthly Meeting
Aug 15	Heritage Leadership Meeting
Aug 23	Chapter Picnic
Sep 12	Heritage Leadership Meeting
Sep 27	Chapter Monthly Meeting
Oct 10	Heritage Leadership Meeting
Oct 25	Chapter Monthly Meeting
Nov 6	Chapter Awards Dinner
Nov 14	Heritage Leadership Meeting
Nov 22	Chapter Monthly Meeting
Dec 12	Heritage Leadership Meeting
Dec 20	Chapter Monthly Meeting

Bluebills Heritage Chapter Monthly Meeting

Downtown Harley-Davidson
3715 East Valley Road
Renton, WA

July 26, 2013

Social: 10:00 to 10:30 AM Meeting starts at 10:30 AM

Speaker: Bev Lee,

Docent For Washington St. Issaquah Fish Hatchery

Topic: " *Operation, Funding & Scientific Impact*"

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 Downtown Harley-Davidson building at 3715 East Valley Road, Renton, WA.

The door on the North side of the building is opened at **10:00 AM** sharp. Please enter the building only on the north side. We meet on the 2nd floor — there is an elevator on the right as you enter.

The Social hour begins at that time. **PLEASE DO NOT ENTER BUILDING PRIOR TO 10:00 AM.**

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

From the north take Highway 167 south to the SW 43rd St exit, turn right on SW 43rd St to the E Valley Rd and turn Right, go north to Downtown Harley-Davidson. From the south go north on Highway 167 take the SW 43rd St exit and turn left back over the freeway to the E Valley Rd and turn Right, Go north to Downtown Harley-Davidson. The meeting is in the Davidson building, 2nd floor. Signs are posted directing you to the meeting room.

