



# Y's Cracks

Hilo's Newsletter

**"To acknowledge the duty that accompanies every right"**

Chartered July 17, 1938

Hilo Y's Men & Women Service Club  
300 E. Lanikaula Street Hilo, Hawaii 96720  
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Editor/Photographer: June Niimi 1389 Alu Street Hilo, HI 96720 Email: [juneniimi@msn.com](mailto:juneniimi@msn.com) phone: (808)987-4897

## PRESIDENT'S MESSAGE

Aloha Fellow Y's Men,

For this month's newsletter, I would like to address my comments to a cause I know is dear to all of us who are loyal Y's Men and Women. All of us volunteer as we do, to support the YMCAs in our respective areas because we believe in the YMCA. Some of us are civic minded and believe in the importance of community service. Some of us, like myself, support the YMCA because the Y made some sort of difference for us as we were growing up.

For me, the Y provided youth leadership development opportunities through the Youth Legislature when I was in High School. Going to Honolulu and staying at the Pagoda Hotel with our "delegation" of Senators and Representatives was an experience that still lives with me today.

And I have never forgotten the time that I got into an accident at the corner of Lanikaula and Kilauea Avenue. In the process of avoiding a Jeep going mauka on Lanikaula Street, I hit another car head on going in the Hamakua direction on Kilauea Avenue. Suffice to say that my first car, as a high school student, was totaled and some of the passengers in the other car had to be taken to the hospital by ambulance. I was uninjured but totally in a daze and partial shock. Jerry Smith, then Executive Director of the YMCA, who lived just up the street from the accident scene, came down and offered me a ride home to Mountain View, which I accepted. I remember that he was so supportive during this time of my crisis. He even offered to come in with me to my home to face my parents, an offer which I declined but which, none-the-less I so appreciated.

Later, when I was in college, I was offered a job at the YMCA as a program coordinator for the after school club program. It was then that I met and worked with Leslie Isemoto, who was hired as one of the other program coordinators at that time. Today, Les and his family run Isemoto Contracting, a major contractor in Hilo. Les, bless his heart, continues to be a staunch supporter of the YMCA.

While working at the Y, in the 70s, there was a gas crisis and people used to line up early in the morning to get their ration of gasoline. Mr. Smith offered, and ultimately allowed me to stay over night at the YMCA, rent free in exchange for "providing security" for the place, an arrangement which I accepted. This saved on travel time and gas while I attended Hilo College to get my Bachelor's Degree in Psychology.

To make a long story short, these early, positive experiences, certainly contributed to my growth as an individual. Today, I serve as the President of the Board of Directors for the Island of Hawaii YMCA as well as the President of the Hilo Y's Men and Women Service Club. I volunteer in these capacities because I feel it is my duty to give back to the Y for those things that I received as I was growing up.

Today, I speak to all of you on a very important matter. The Island of Hawaii YMCA has gone through some very trying times with layoffs, downsizing, and the sale of some of its property in Hilo and Waimea in order to pay off debts and remain financially solvent. Despite these cost saving measures, enrollments in the Y's Preschool Program, A+, Summer Intersession and other programs have continued to decline resulting in accumulating debt again for the Y. The current Chief Executive Officer,

Bobby Stivers, is challenged with weighing the options of cutting back on staffing while attempting to maintain quality Preschool, after school and intersession programs. Although some cuts are being made, we are hopeful that we will be able to raise sufficient funds in our Annual Support Campaign to keep as many of our employees on board to maintain safe and quality programs. It is our hope that the economy will improve and our enrollment will again reach full capacity.

This brings me to my request to all of you today. Realizing that times are hard for many families and households, I am embarking on a campaign to raise as many \$25 (or more) contributions from those who I feel might have a heart to contribute to a very worthy cause. I ask not for me but for the Island of Hawaii YMCA. Would you please consider writing a check for \$25 or more to the Island of Hawaii YMCA and mailing it with the notation: "For the Annual Support Campaign" to:

**The Island Of Hawaii YMCA, 300 West Lanikaula Street, Hilo, Hawaii 96720**

This gift will certainly make a tremendous difference to a very worthy cause. Thank you so much for taking the time to read this and for your much needed contribution.

Sincerely,

Lance Niimi, President

## IRONMAN 2010

Lance and June Niimi trekked over to Kona on Saturday, October 9, to join the other 5000 volunteers, including YMCA Board Members Byron (and wife Nani) Moku and Frank Ogin, for the Ironman Triathlon. Stationed in front of Wendy's, they worked the noon-3:00 shift, just in time to cheer on the athletes running the marathon portion of the triple-leg challenge. We were told that this area was the 10-mile as well as 25-mile mark for the marathon. Lance's greatest thrill was handing off a cup of ice to the first runner who came by just before 1:00 exclaiming, "He took my ice! He took my ice!" and to the first female runner more than several minutes later. As Lance handed out hundreds of cups of ice, June was on the other side of the table loading ice into those cups. It turned out to be a smart move for June, since Lance was standing next people holding out cups of Coca-Cola. As the runners grabbed those cups, much of the soda spilled onto the road and on Lance's shirt and feet! June handed off a grand total of THREE cups of ice to the elite runners returning just 2 hours later as her shift was ending and as they were racing downhill to the finish line just 1.6 miles away! Can you imagine what the athletes passing the 10-mile mark must have thought as they watched the elite already returning??? No matter...they all were highly admired for their athleticism, courage, and grit to finish. Note to self...if volunteering on the Kokua Crew again next year, stay at the ICE station and stay clear of the soda and performance drinks. It's the easiest, not sticky, and most cooling item to hand out in the scorching Kona heat! Enjoy the few photos June took before and during the marathon.



Lance and Byron Moku before the excitement begins.



Are we ready???



Here they come!!!



There they go!!!



The drought effects on Mauna Kea



The lushness of BI Country Club



2010 Ironman Triathlon sunset

### GUEST SPEAKER DR. DJON LIM, CARDIOLOGIST

The Hilo Y's Men and Women Service Club was truly honored to have Cardiologist Dr. Djon Lim, address our Club at a dinner meeting on September 28, 2010 at the Encore Restaurant. Dr. Lim showed a slide presentation which was very interesting and informative. Dr. Lim spoke about Cardiovascular Disease as being the leading cause of death among adults in the United States. He described the dangers of cholesterol and the build up of plaque in the arteries around the heart and how high blood pressure (the silent killer) can cause stroke for many unsuspecting people.

The solutions are relatively simple:

- Reduce fatty intake and eat more fish, chicken and healthy vegetables and fruits. Control high cholesterol levels and blood pressure through regular exercise, and healthy eating. Medication, if necessary, can be very helpful.
- Exercise regularly for 40 minutes to an hour at least 3 times a week. Brisk walks, e.g. 5 times around Lili'uokalani Gardens in an hour can be very beneficial. Reducing body weight to a proportion consistent with height can also be very helpful.
- Reduce salt intake to control high blood pressure.

Mahalo, Dr. Lim, for taking care of the people of Hawaii Island.

### UPCOMING CLUB ACTIVITIES

Christmas Tree Sale: Thanksgiving weekend; tent set-up will be 2 weeks before the start of the sale

Club cookbook: Recipes, recipes, recipes!!! Turn them in by December 22 (our last meeting in 2010)

Future Events: Blood Drive at the YMCA, YMCA Beautification Project, Steak Fry

### !!!! CLUB MEETING CHANGES !!!!

Club meetings will now be held regularly on the second and fourth Wednesdays of each month to accommodate President Lance's busy schedule. The following dates have been set aside so please mark your calendars:

October 13\* and 27

November 10\*

December 8\* and 22

Note: Nov 24 meeting is cancelled because of Thanksgiving

\*The business meeting of each month will be at QLCC, 919 Ululani Street @ 7:00. We welcome desserts to share but please don't feel obligated to bring any.

The second meeting of each month will be a dinner meeting at a restaurant to be chosen during the business meeting.

**(The dinner meeting on October 27 will be at Encore Restaurant @ 6:00 pm. Our guest speaker for the evening will be Barney Sheffield of the BI American Red Cross, who will talk to us about hurricane preparedness.)**

### CLUB COOKBOOK COMING ALONG

June continues to collect favorite family recipes for a Club cookbook. Thanks for your submissions, Duke! We have chosen Morris Press to print our cookbooks, but it will require more time to put it together. Instead of a September deadline to submit recipes, please get them to June by December. We can have them printed and ready to sell by May at our Hawaii Regional Convention.

### RECIPE OF THE MONTH

#### Furikake Salmon

Salmon steaks/filletts          Nori furikake          Extra virgin olive oil

Heat oil in fry pan. Sprinkle furikake on salmon, patting down to stick. Fry skin side up first; flip over and continue frying until just done.

Do not overcook! Serve with wasabi sauce.

Wasabi Sauce: ½ cup mayonnaise          1 Tbs. shoyu          1-2 Tbs wasabi paste (use enough to suit your taste)

1-2 tsp. water if desired (to thin out mayo)



President Lance Niimi Vice President Wendell Kaehuaea Secretary June Niimi Treasurer James Fujimoto  
Board Members Toshiaki Kawasaki Lanny Neel Robert "Steamy" Chow  
Members Joni Neel Bobby Stivers-Apiki Ilyn Narciso Putman Clark Gordon Inouye  
Leslie Isemoto Oscar Panem Steve Hirakami Dr. Milton Murasaki

### CHRISTIAN EMPHASIS

"A man who loves you the most is the man who tells you the most truth about yourself." ~Robert Murray M'Cheyne

### Y'S CRACKS!!!

#### My Resume

1. My first job was working in an orange juice factory, but I got canned. I couldn't concentrate.
2. Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the axe.
3. After that, I tried to be a tailor, but I just wasn't suited for it - mainly because it was a sew-sew job.
4. Next, I tried working in a muffler factory, but that was too exhausting.
5. Then, I tried to be a chef - figured it would add a little spice to my life, but I just didn't have the thyme.
6. Next, I attempted to be a deli worker, but any way I sliced it I couldn't cut the mustard.
7. My best job was a musician, but eventually I found I wasn't noteworthy.
8. I studied a long time to become a doctor, but I didn't have any patience.
9. Next, was a job in a shoe factory. I tried but I just didn't fit in.
10. I became a professional fisherman, but discovered that I couldn't live on my net income.
11. I managed to get a good job working for a pool maintenance company, but the work was just too draining.
12. So then I got a job in a workout center, but they said I wasn't fit for the job.
13. After many years of trying to find steady work, I finally got a job as an historian, but I realized there was no future in it.
14. My last job was working in Starbucks, but I had to quit because it was always the same old grind.
15. SO, I TRIED RETIREMENT AND FOUND THAT I'M PERFECT FOR THE JOB!

### ANNOUNCEMENTS

The **75th HAWAII REGIONAL CONVENTION** will be held May 20-21, 2011 on Hawaii Island in Hilo. Many exciting events are being planned by Bobby Stivers-Apiki and his committee, so please mark these dates on your calendar!

### CELEBRATIONS FOR SEPTEMBER/OCTOBER

**Happy Birthday!!!** (I apologize if I missed someone)

**Happy Anniversary!!!** Steamy and Lily Chow (10/10)

### REGIONAL CALENDAR

**JUN** – PUBLIC RELATIONS DONNA SAITO    **JUL** – MEMBERSHIP & CONSERVATION DUKE CHUNG; EXTENSION – BRAD ISHIDA    **AUG** –COMMUNITY SERVICE DAN TAKAMATSU    **SEP** – ENDOWMENT BRAD ISHIDA    **OCT** -- ASLF/DOLLARS FOR SCHOLARS LARRY HIRANAKA    **NOV** -- BROTHERHOOD FUND OSHI KAWASAKI    **11/19 MID YEAR CABINET MEETING**    **DEC** -- CHRISTIAN EMPHASIS LANNY NEEL    **JAN** -- YMCA SERVICE PHILIP SAMMER    **FEB** -- TIME OF FAST ROBERT SIMMS    **MAR** -- BROTHER CLUB JAMES KANEHIRA    **APR** -- LEADERSHIP TRAINING LINDA CHUNG & PAUL KUROMOTO    **MAY** – REGIONAL CONVENTION BIG ISLAND DUKE CHUNG JR CHAIRPERSON