



LIMA HANA

Serving Others for 50 years



August Emphasis
Community Service

RSD:
Dan Takamatsu

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Kaimuki Y's Men Club
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Special Tribute Edition to *HELEN USHIJIMA*



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President's Message

By Tiffany Kiyabu

Aloha Members,

It is with a heavy heart that I write this month's message to you all. A very valuable club member, Helen Ushijima passed away late last month. I can't begin to express myself adequately enough in this time through words to tell you all how important she was to the club, to the Kaimuki YMCA, to the community, and most importantly to all her family and friends. Please take the time to say a little prayer on behalf of Granny Helen as I am positive that she is up in Heaven looking down on us all. Please keep her family in your thoughts and prayers as they go through this difficult time. I hope you will all be able to join me as we bid a fond farewell to a valuable member, irreplaceable friend, and outstanding mentor at her memorial services held later this month. (NOTE: See **CLUB CALENDAR** on the left for date and time.)

I'd also like to take this moment though to highlight club members Jay Nishimura and Noa Hussey who took leadership roles this year in helping organize the Hawaii portion of the YMCA Hiroshima Exchange program this year. The welcome dinner was a amazing, and it sounds like both our teens and families hosting, as well as our visiting guest have had a great experience. Another thank you goes out to club member Lisa Joy who helped coordinate the Kolohe Kongregation this year, and to Anthony Yee for providing yet again a wonderful location for the event. Special thanks to Kolohe, and Lisa Joy's daughters for the memorable entertainment of the evening.

Please remember that our next club meeting will be held on Monday, August 12th, 2013 at the Ishida household -- please RSVP if you have not already done so, they are graciously providing dinner that evening.

Lastly please don't forget to sell your remaining "Shop for a Cause" Macy's fundraising passes, as the date for the sale is rapidly approaching.

Tiffany

CLUB CALENDAR

**NEXT CLUB MEETING
MONDAY, AUGUST 12**

**Come for a homemade meal
by Sharon & Brad Ishida at
their home located at:**

820 11th Avenue in Kaimuki

Family & guests are welcome!

**METRO DISTRICT MEETING
SATURDAY, AUGUST 10th
10:30 AM
Kalihi YMCA**

**HELEN USHIJIMA'S FUNERAL
SERVICE
WEDNESDAY, AUGUST 14th,
6:00 pm (visitation 5:00-6:00)
Hosoi Mortuary (downtown)**

**MACY'S SHOP FOR A CAUSE
Club Fundraiser
SATURDAY, AUGUST 24 is the
designated shopping day!**

KOLOHE IMAMURA, OUR UKELELE "KING" RETURNS TO THE ISLAND

Contributed by LISA JOY ANDRES

Japanese lesson #1 Hisashi buri...summer Japanese word, this means local style- Long time no see!

It's not been a year since Tatae "Kolohe" Imamura has been to Hawaii; it was just our golden anniversary that he joined us in celebration. We consider him an ukulele weekend warrior for the 19th year to play in Roy Sakuma's Ukulele Festival!

Tony graciously opened the Atherton YMCA for the Kaimuki members to dine and grind! Phyllis brought dessert and friend, Betty. Tiffany, Brittany, and Shirley brought Warren's "fresh catch" to go with the snowballs, so well formed, that just melted in your mouth by Brittany. Salad was skillfully tossed by Jay. Tony admitted his single-ness and purchased some ono entre dishes! Joy, Marisa and I gathered ingredients and made shepherd's pie. We were well fed and watered with drinks from Bob, his nephew, Josh and wife, Amy.

Like gypsies, we cleared the way for music entertainment in the outdoor "cafe." Kolohe and Joy took turns playing and singing...with Joy playing less Hawaiian, and more contemporary songs. (We couldn't get Jay to teach us the YMCA dance but maybe next year after Joy practices the chords!)

All in all, it was a fun evening of bonding and fellowship. May the Lord be with all of you with what's left of summer, and continue to be in your heart and actions. Blessings, Brothers and Sisters.



Above: JOY ANDRES, KOLOHE and LISA JOY ANDRES strike a pose at the Hakone Restaurant.



A Message from the Branch Executive of the Kaimuki-Waialae YMCA—NOA HUSSEY



Aloha Y's Service Club Members,

On December 19, 1990 my family was invited to Kaimuki-Waialae YMCA Annual Christmas Party. Although I didn't bring anything with me I was asked to pick a gift from the "Grab Bag" in this game I won an Alarm Clock Radio which I still use to this day. This event marked the beginning of my journey with the Kaimuki Y. In these 23-24 years I have been exposed to some of the purest, most caring; role Models. As well as some of the greatest experiences of my life. Pacific Region Conference at Camp Seymore in Tacoma. Volunteer Coaching with Palolo Program. Working as a Summer Day Camp and A-plus leader. Finding my passion working with Teens. Becoming a Branch Executive and finally joining the Kaimuki Y's Men's Club.

In my interview for the Windward Executive Position I was told that I had a Reputation for a "Way about me," that would help staff grow at Windward and that the Board was hoping that I could bring that to Windward. Although this is very flattering, this "Way" is not my own. For those of you close to me as all of you are, we know that I can be bull headed and at times uncaring of people's feelings. The "Way" that was mentioned is not my own, but it is "Kaimuki's Way." The Kaimuki Way is to accept people for who they are, love them, and help them grow. It is this that has been role modeled by each Y's Men from Kaimuki that I have ever come in contact with. It is this teaching that I will take with me where ever this path leads me; it is this that I hope to Role Model. I cannot thank all of you enough for the Love that has been given me. I know that although this changes our relationship, this is not the end of it. It does give me a chance to Thank all of you for the support you have been to Kaimuki Y, to my family and especially to myself.

Aloha, *Noa*



Our memories will keep her alive in our hearts forever

Loving tributes to our friend and "Granny"

Helen Ushijima (December 13, 1927—July 28, 2013)

My memories of Helen Ushijima spans over 42 years during which time I had the good fortune to work with her in the YMCA and become life-long friends. Helen's dedication to the YMCA was unconditional as she lived the values of the Y and never wavered in her belief that the Y was a truly wonderful organization that was vital to the community and invaluable to the children and families it served. Honest, hardworking and always willing to accept even the most difficult work assignments she was always caring with everyone she worked with. She got involved with every aspect of YMCA life not only as a staff person but a participant in on-going programs, service events and any major Association project needing a helping hand. Generous with her time and every resource available to her, she was and will always be a role model to be remembered and emulated. I will miss her dearly.

Paul Kuromoto

This is such a hard thing to do as there are so many. Granny was so special to everyone. I remember in 97 I was staff at the YMCA Teen Center with Owen Seiki. Owen was a little short with money for tuition and some how had spoken to Granny. Granny had pulled him into the office right at the front of the Y and had tried to discreetly give him some cash to help his cause. Not knowing that this is what she was going to do Owen had invited me into the office. So after she handed him this amount of cash she looked at me and said what you need money too? Before I could answer she said of course you do!!! I told her no I didn't and that I would be ok. She said "No be shame if you do." I thought that this was the end of it, but when I returned to the office after work that day, in my box was an envelope with \$200. The next day I came to thank Granny and she said "That is for your books, don't go drinking my money away." Granny if you see this up there, I promise I used the money for books! You will be missed.

Noa Hussey

Helen Ushijima, not only was a dedicated YMCA employee, loving and caring mother, and lived much of her life even after retiring from the Kaimuki Y, there, exercising and volunteering her time to the programs, kids and adults who frequented the Y. She lived up the the "granny" name as she had such a big heart for others and was a granny, regardless of the child. She broke out of her shell and accompanied her loving husband, Tets, as he strummed and sang beautiful Hawaiian music.

I'll never forget a Y's Men trip to Japan, where several of us entertained the domestic job of washing clothes midway through the trip. As we complained about the little washers during our waiting time, Helen's eye was caught by a man disrobing himself, tossing his suit, shirt, long pants into the machine next to hers! She tried not to look disgusted and yet squealed to the bunch of us, to get our attention. How odd we thought as he was down to his underwear. She was determined to have Ray stop him before the stranger would be in his birthday suit. Ray, didn't think anything of it because from his vantage point the man was shirtless. Helen insisted that someone do something and was ready to tell him to keep his underwear on, when he walked around to the area we were sitting. To our surprise, he didn't look in the best state of mind, and decided to plop himself next to her. She grabbed my arm to leave once he sat down in the chair in his underwear. She laughed hysterically once we were outside of the laundromat and begged Phyllis to transfer her laundry to the dryer because she just couldn't go back. Long story short, she took a different perspective of being homeless in Japan at the man's expense. I, admit, I'd never seen that happen in Japan, nor Granny laugh so hard!

Helen will be missed. Now that she's with the Lord, she'll feel His love much more in His presence. I pray for Tets, Luana, Ford and Fred and their families, who share His amazing grace. May it overflow in your hearts with peace at this time.

Lisa Joy Andres

"Granny Helen" was a dedicated Y's Men of the Kaimuki Y's Men's Club for a number of years. She was also the Office Manager of the Kaimuki YMCA for 25+ years. Her gracious smile and laughter and 'ono' foods always lifted the spirits at meetings and events.

Please join me in prayer for Helen Ushijima and her family. Mahalo..

Bobby Stivers-Apiki

There will never be a "good-bye" for me and dear Helen. Good friends stay connected forever with shared laughter, memories and loving words during this life and eternal joy thereafter.

I did get a chance to tell Helen how much I loved her and treasured our friendship. and was blessed with her words of love as well. That will have to keep me going, God willing, until we meet again..

Rest in well-deserved peace, Granny Helen.

Sharon

Many people have come to know Helen as a very special person. However, for me, she was much more. There are many who remember Helen for her love of the Y, her generosity and true dedication, but I will always remember her as a true friend and caring individual, who many times took time from her busy schedule to always remember me and my family. A true friend who was always willing to help in whatever way she could.

I first met Helen over forty-three (43) years ago, when I first began working at the Kaimuki YMCA as a desk clerk. Helen was the branch secretary, and handled the branch's daily office operations, and workload by herself, with some assistance from her dependable and hard-working desk clerks. I still remember being amazed at Helen's ability to type. Self taught, she was able to produce near perfect work, many times typing faster than the IBM Selectric typewriter ball could move. She was one who took much pride in her work.

A devoted fan of the daytime soap operas, every day Helen would leave the office promptly at 11:50 am to have lunch at home, and also catch her favorite "soaps", being sure to always be back at her desk in an hour. Later in life, her devotion to television shows would turn to the Korean dramas. Many of our Club meetings had to start on time and run efficiently, for Helen always needed to leave no later than 7:45 pm to catch her shows.

Helen will always be remembered for her fabulous cooking. My favorites will always be her shoyu chicken, her Chinese chicken salad with huli huli chicken, and of course, her delicious cherry tarts and pound cake, both of which always sold out at the branch's bake sales. Many Board members made it a point to attend Board meetings when it was announced that Helen would be cooking lunch. Asked by many to share her recipes, she would always reply, "I don't know, all by memory...just a little bit of this and a little bit of that".

Over the years, Helen has been come to be known at the Kaimuki YMCA as "Granny". Her love and dedication for the YMCA, especially the youth participants, was second to none. Many, although now grown up with their own families, still remember being touched by Helen's "special love", and continued to support and remember her during her recent time of sickness. She was truly the best ambassador of the YMCA and its programs. She enjoyed sharing stories of her experiences and love for this "special organization", which had become a big part of her life. Through her relationships with past and present members and their families, Helen also became one of the top solicitors for the Kaimuki YMCA's Annual ASC Campaign.

After her retirement, Helen continued her involvement and service to the Y by becoming a member of the Kaimuki Y's Men Club. An active member, her tireless hours of dedication and commitment to the Club, as well as the YMCA was amazing. Her smile, eagerness and generosity will be truly missed. I personally lost a true friend, as well as a piece of my soul with Helen's passing. Fortunately, I still have the memories, which I will treasure forever. She is now at God's side, probably training the "new" angels. Good-bye Granny, thank you for everything!

Brad Ishida

Helen's Song

Composed by Brian Shimabukuro

A lady who, I know is true, and good in every way
A hug a scolding, guide and molding, who we are today
Where everyone is precious, and special in your eyes
Compassionate and funny, loving and wise

We're thankful for the kindness that you shared
We're thankful for all of the times you cared
We're thankful for the wonderful things you do
But most of all we're thankful for you

Your voice we know, the love you show, your laughter brings us joy
Each one you touch, it means so much, friends, every girl and boy
We all are each a flower in your life, a gracious lei
And that you realize how much you mean to us, I pray

We're thankful for the kindness that you shared
We're thankful for all the times you cared
We're thankful for the wonderful things you do
But most of all we're thankful for you

A thousand ships had not sailed in her cause
But when we think what Helen means to us, alas, we must take pause...

Wife or mama, aunty, grandma, to us that's who you are
And when we look into our hearts, you're never very far
For we are all your rainbow, that shine in every hue
Now all the love you've given us, will come right back to you

We're thankful for the kindness that you shared
We're thankful for all the times you cared
We're thankful for the wonderful things you do
But most of all we're thankful for you

Most of all, most of all, most of all we're thankful for you...

*Aloha, dear
Helen ...
Until we
meet again*



INTERNATIONAL NEWS

IP **POUL V. THOMSEN** has now taken over the leadership for all of Y'sdom. His theme is "GO YE INTO ALL THE WORLD", with his emphasis on two goals: "1. As Y's Men we shall act on the basis of 'The teachings of Jesus Christ'; and 2. As Y's Men we shall go out into all the world—with our service and projects, with a focus on providing good service and extension activities in our local community and visiting our neighbours in need." His slogan is "EXTENSION—EXTENSION—EXTENSION". Mr. Thomsen was one of the International Council meeting participants back in January of this year.

The 10-year plan of "Towards 2022" reflects the movement's goal of increasing membership throughout the world.

U.S. AREA NEWS

What a Convention! Ask any of your delegates from the Hawaii Region, and they will regale you with their experiences and stories. One night was a chilling thunderstorm with lightning striking roadways and street signs. Casinos and hotel rooms and, especially, the roads were flooded. But other than that torrential evening, the heat was the main topic of some conversations with 105+ degrees during the day, reminding us once again that we were in the middle of a desert in the summer!

The Pacific Southwest Region and Chairperson, **TIM SINGLETARY**, backed by his energetic group, provided the attendees with workshops, speakers and activities. Located at the Hampton Inn Tropicana located off the Strip, the venue comfortably accommodated the 80+ delegates and guests for the Thursday evening through Sunday morning Convention.

A discussion was held about the upcoming 2022 founding celebration of Y's Men in the world and the hope that the site would be in its birthplace, Toledo, Ohio. This would actually be the International Convention.

DID YOU KNOW? There are 9 Regions comprising the U.S. Area: Hawaii, Mid-America, Mid-East, North Atlantic, North Central, Pacific Central, Pacific Northwest, Pacific Southwest and South Atlantic. Some Regions cover several *states!*

HAWAII REGION NEWS

RDE **BOBBY STIVERS-APIKI** has taken to heart the advice

from Area President, **DEBBIE REDMOND**, to keep communications strong throughout the Hawaii Region. Bobby has started a lively newsletter entitled "HOORAY!" recently, and you can view it on the Hawaii Region's website. His hope is that this effort will carry over into his term as Regional Director starting in 2014—2015. A terrific idea!

METRO DISTRICT NEWS

The first Metro District meeting of the service year will be held on Saturday, August 10th at the Kalihi YMCA from 10:30 AM—1:00 PM. District Governor **EDDIE MIWA** of the Kalihi Y Service Club will be presiding, ably assisted by veteran Secretary/Treasurer from the Windward Y Service Club, **KEN KADOMOTO**. A bento lunch and drink is available for \$5.00, and all members are welcome to attend.

The Treetops Restaurant in lush Manoa was the site of the Hiroshima Exchange Welcome Dinner on Sunday, July 28th. Eleven Japanese students are participating in this long-running YMCA joint project between the Honolulu and Hiroshima Ys to promote and celebrate peace. The local host families, Y teens, and YMCA dignitaries were joined by more than 45 Y Service club members and their guests. The Metro District Y's Men, through the most generous floral contributions by **GORDON INOUYE** of the Hilo Y's Men and Women Service Club, were in charge of decorating the tables for the evening. The Hilo Club also footed the freight bill for the huge box of tropical flowers and greenery. **RICK LAU** (Central Y Service Club) was the delightful Master of Ceremonies for the event. DG **EDDIE MIWA** honored the attendees with an invocation.



CHRISTIAN EMPHASIS

By Sharon Ishida, CSD

PSALM 121: 1-4 (NKJV)

"I will lift up my eyes to the hills —
From whence comes my help?
My help comes from the Lord,
Who made heaven and earth.
He will not allow your foot to be moved.
He who keeps you will not slumber.
Behold, He who keeps Israel
Shall neither slumber nor sleep."



The Club Coconut Wireless

KAIMUKI YMCA BIDS ALOHA TO BRANCH EXECUTIVE NOA HUSSEY

There is always a conflict in our hearts when someone close leaves the nest to try their wings in other far off places. **NOA HUSSEY's** departure for the Windward Branch as the newly selected Executive brings about such feelings ... a strong sense of pride that this outstanding young man worked his way up in your programs and is now being recognized and sought after by others, but a sense of loss as well. "Moving on" has to be part of the learning process to promote personal growth and career advancement. So we wish Noa all the best in his future, with our deepest gratitude for all that he has shared and taught us with his compassion, selflessness and energy. God's grace and blessings, Noa!

Remembering SHANDRA "TITA" HEW-HIGUCHI

"The Hew, Higuchi and Yoshimura Ohana would like to thank you for being a part of Shandra "Tita" Hew-Higuchi's amazing journey. We appreciate your friendship and the support you have given all of us throughout the years. Please continue to keep her in your heart. Live life to the fullest, just like she did. On August 2, 2012, our dear Shandra "Tita" Hew-Higuchi went home to be with our Lord. As August 2, 2013 approaches, please take a moment to look up to Heaven and remember her smiling face. Thank You!".

KAIMUKI - WAIALAE YMCA
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2012-2013 CLUB OFFICERS

PRESIDENT: TIFFANY KIYABU
VICE-PRESIDENT: JAY NISHIMURA
TREASURER: BRAD ISHIDA
SECRETARY: KEAHI KAAWA
LIMA HANA BULLETIN EDITOR: SHARON ISHIDA

**KAIMUKI Y'S MEN CLUB ROSTER
2012-2013**

Lisa Joy Andres, Leina'ala Hilea. Noa Hussey, "Kolohe"
Imamura, Cassidy Inamasu, Brad Ishida, Sharon Ishida,
Keahi Kaawa, Tiffany Kiyabu, Bob Martin, Masayo Nakagawa,
Jay Nishimura, Reuben Naholowaa, Phyllis Seto, Ray Seto,
Brian Shimabukuro, Robert Stivers-Apiki,
Tony Yee, Hiroko Yoshida

HONORARY MEMBER
Paul Kuromoto

KAIMUKI Y'SLINGS
Joy & Marisa Andres, Kaine and Daichi Martin,
Maile and Taylor Yee



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