



LIMA HANA

Serving Others for 50 years



November Emphasis
Brotherhood Fund

RSD: Bradford Ishida

VOLUME 47 ISSUE 6

Kaimuki Y's Men Club
4835 Kilauea Avenue
Honolulu, Hawaii 96816



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Phone: (808) 737-5544



President's Message

By Tiffany Kiyabu

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Aloha Members,

I'd like to take this moment first off to thank you all for being extremely patient with me. Its quite the task to juggle everything going on, especially while learning the new ins and outs of my new job. With that thought, I wanted to share with you all a quote by Elizabeth Andrew, "**Volunteers do not necessarily have the time; they just have the heart.**" During this season of giving thanks, I wanted to make sure I say THANK YOU to all of you, I know many of us do not have the time to give as much as everyone asks of us, but I know that both your and my intentions are always close to the heart.

Well October was a flurry of events with the Kaimuki teens having a successful run with their Haunted Mansion and October Keiki Carnival. I was able to stop by and see the event first hand. It was packed with people! I would say it was a great success. I even had the wonderful company of little Ms. **MAILE YEE** to join me in making our way through the spooky Haunted Mansion. We both survived. The Haunted House monies will be going to support their endeavors for the Youth in Government program, the Hiroshima Exchange and their participation in Project L.E.A.D.

With the month of November here already, it means that this year's Youth In Government session will soon be underway. The Election Convention will be happening November 9th-10th. Many teens from our very own Kaimuki Y are aspiring to take leadership roles this year; I look forward to seeing if Kaimuki succeeds in this endeavor. Regardless of branch affiliation, all teen participants have the outstanding support of club members **JAY NISHIMURA**, **CASSIDY INAMASU** and **KEAHI KAAWA** to name a few.

Keep an eye out for more details on our upcoming Ronald McDonald House project and for more ways to help with other projects like the Adopt A Family, Families Can-Sur-Vive Camp, and more! Happy Thanksgiving everybody!

Tiffany



NOVEMBER CLUB CALENDAR

NEXT CLUB MEETING
Following Atherton Dinner on Dec. 18th (if needed)

KAIMUKI Y 75th ANNIVERSARY
December 1st, 5:30 PM
Kaimuki Branch

Families CanSurvive Camp
December 6th—7th
Bellows Air Force Station
Camp grounds
Contact **JAY NISHIMURA** if you will be able to work

MAUNALANI NURSING CENTER BINGO
December 14th (more details to follow)

SEE PAGE 4 FOR MORE



INTERNATIONAL NEWS

Ballots for the upcoming elections are being sent to the club presidents by Corporate Secretary **ANNE STUCKEL** and must be received by International Headquarters no later than 5:00 pm (Geneva time CET) on Friday, January 31, 2014. Each club will need to send their ballots directly to IHQ or e-mail their ballot to elections@ysmen.org.

Nominees for International President-Elect are:

ANTO K. ANTONY of the Iritty Y's Men's Club (India); **WICHIAN BOONMAPAJORN** of the Bangkok Y's Men's club (Thailand); and **K.G. VARGHESE** of the Adoor Y's Men's Club (India).

Also to be voted on is the Area President-Elect/International Council Member for the U.S. **JEFF BRANDEEN** of the Pasadena Y's Men's Club and **CHARLES ("CHARLEY") REDMOND** of the Carondelet Y Service Club.

Biographies for all candidates will be enclosed with the ballots.

U.S. AREA NEWS

Regional Director-Elect, **BOBBY STIVERS-APIKI** back from the chilly city of St. Louis, Missouri for the RDE Training. He reports that the training was excellent, and he looks forward to sharing a lot of information with the Region. He took a little of Hawaii's warmth with his personal aloha and treats to the participants who come from all over the U.S. and overseas to learn about their responsibilities for upcoming position as Regional Directors) next year..



CHRISTIAN EMPHASIS

By Sharon Ishida, CSD

"...giving thanks always for all things to God the Father in the name of our Lord Jesus Christ"
Ephesians 5:20

"If life is sweet, give thanks; if bitter, give thanks — that you still have life, which gives you another chance.

*My God, I thank Thee who hast made
The earth so bright.*

So full of splendor and of joy.

Beauty and light;

*So many glorious things are here,
Noble and right."*

Adelaide A. Procter

HAWAII REGION NEWS

The Hawaii Region cabinet met for their Mid-Year Meeting on Saturday, November 9th at the Ilima Hotel. It was decided after much discussion, that clubs will be able to submit their choice for a project or member that they feel was outstanding for their club year. Also, **DUKE CHUNG** (West Oahu Y's Men's Club) presented a suggested criteria for the selection of a club officer of the year for the Region. The Awards committee consisting of the Regional Counselors will be responsible for determining the criteria. More information will be distributed at a later date.

The Regional Peace Project—"PEACE THROUGH MY EYES", will be tweaked a bit for this coming year. Instead



of asking A+ students to participate, the project will be offered to the YMCA Spring Intersession youth from the 3rd or 4th grades. (YMCAs without an Intersession program or other youth programs like swimming, etc., will be seeking an elementary school for participants.)

CASSIDY INAMASU and **JAY NISHIMURA** from our Y's Men's Club are both on the committee. The Oahu winners will be presented at the April Healthy Kids Day held yearly at the Bishop Museum. Neighbor Isle winners will be honored at a function chosen by the club. The prizes will include a \$50 cash prize, ribbon and certificate for their winning entry.

METRO DISTRICT NEWS

Former Kalihi YMCA Branch Executive and active Y'sman, **PHIL CHUN** is already home after brain surgery to relieve a hemorrhage earlier this month. We add our "get well soon" wishes to Phil and are so happy that he's actually feeling much better without the severe headaches.



Once again, it's our signature SHAVE ICE that will be sold at our Y's Men's fundraising booth at the April Healthy Kids Day. Headed by volunteer **JOE-ANN MCCARTHY** (Windward Y Service Club), Metro Y's Men and Women pray for hot sunny weather and a great location at the Bishop Museum to sell their tasty, ice cold treat. Part of the proceeds raised is donated to the YMCA of Honolulu.



A Message from the Branch Executive of the Kaimuki-Waialae YMCA—TONY YEE



Aloha Lima Hana Readers,

As Black Friday doorbusters and Cyber Monday mayhem seem to inch higher and higher on the calendar each year, let us remind ourselves of the peace and joy that the Thanksgiving season can bring to our fast-paced lives. They say that everything we really need to know we all learned back in Kindergarten. Well, my five year-old daughter told me that her class practices being appreciative at the end of the school day. Every now and then, I hear about how she's appreciative of a friend for helping her with a spilled box of pencils or for helping to figure out how to read a new word. I see how she glows when she reports back that somebody expressed their appreciation of her.

There are so many people we are thankful for at the Kaimuki Y. I would like to take this opportunity to thank our volunteers in particular. With our island lifestyles seemingly at all-time levels of chaos, the time and energy our dedicated volunteers give to the Y, like that of our Y's Men and Women, is especially precious. You are what makes the Y tick, and you drive us staff to strive for new heights. We appreciate you.

Here are some of the latest developments at the Kaimuki YMCA

Parkinson's Classes

In October, Kaimuki launched a group fitness class specifically for members who have Parkinson's Disease. It has been well received and the class size has grown since the launch.

Personal Training

We have been receiving numerous inquiries by members for personal training. We are pleased to announce that beginning January 2014 the Kaimuki branch will offer one-on-one personal fitness training for the first time.

Facilities

The branch is looking to resurface and repair all roofs before year end (main facility and shower rooms). This will remedy the multiple leaks around the facility and help rooms maintain a cooler temperature during the summer months.

Aquatics Director

We have begun the process of hiring an Aquatics Director. We hope to have the position filled by early December.

Teen Programs

We would like to acknowledge a Phyllis Okada Katcher and Hawaiiana Management Company for a very generous gift of \$1160 to the Kaimuki Teen Program. In a letter to Jay Nishimura, our Youth Program Director, Mrs. Okada Katcher said, "I am very grateful for the kindness and leadership you and others at the Y have provided for Cory and hundreds of other young adults."

Mahalo,
Tony



The Club Coconut Wireless

Our deepest and heartfelt sympathy to **PHYLLIS SETO** and her family on the loss of her mom, **AGNES LOPES** of Maui earlier this month. Many of us have fond memories of Agnes and will miss her hugs and welcoming smiles.



A HUGE REASON TO CELEBRATE! The Kaimuki Y's Men's Club welcomes its newest member, **VERNON YOSHIDA!** Vernon worked on the Kaimuki YMCA staff with the Palolo program and is back on staff part-time in the Healthy Start Room. In the next issue of the Lima Hana, we'll highlight **Vern** and catch up with what's been happening in his life since the '90's. Kudos to **RAY SETO** for sponsoring **Vern**.

NOVEMBER CLUB CALENDAR (continued)

ANNUAL ADOPT-A-FAMILY PROJECT
Month of December, headed by Phyllis Seto

KAIMUKI YMCA CPK FUNDRAISER
December 17th, ALL DAY
Kahala Mall ONLY, California Pizza Kitchen
Good on orders including dine-in-, take-out, catering, and all beverages **MUST HAVE PRINTED FLYER TO PRESENT at time of purchase.**
SEE ATTACHED PAGE.

ATHERTON HOLIDAY DINNER FOR STUDENTS
December 18th, 6:30 PM
POTLUCK—please sign up with Tiffany
kaimuki.ysmenclub@gmail.com

NEW THANKSGIVING PROJECT
Club will work with YMCA to find one family at Kuhio Elementary School to receive a Thanksgiving dinner

METRO DISTRICT DINNER HOSTED BY KAIMUKI
January 20th, 6:30 PM
Kaimuki YMCA

DATE CHANGE!!!
YMCA SUNDAY & HOLIDAY PARTY
February 9, 2014, (Time & Place TBD)
Party will be held at Brad & Sharon's home following church service

KAIMUKI - WAIALAE YMCA
4835 Kilauea Avenue, Honolulu, HI 96816

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, Vernon Yoshida

HONORARY MEMBER
Paul Kuromoto

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



BROTHER CLUBS

Gardena Valley Y's Men's Club
1000 W. Artesia Boulevard
Gardena, CA 90248-3364

Tokyo-Setagaya Y's Men's Club
c/o Setagaya YMCA
3-Chome, Miyasaka
Setagaya-Ku
Tokyo, Japan 156-0051

Tokyo-Ginza Y's Men's Club
tokyo-ginza-ys-mens-club@googlegroups.com

Join us at
California Pizza Kitchen
for a flavorful FUNdraising event!

Just bring in this flyer, present it to your server, and **20%** of your check will be donated to our organization. Purchases include dine-in, take-out, catering and all beverages!

Fundraiser in support of
Kaimuki-Waialae YMCA
Tuesday, December 17th 2013
(All Day)

California Pizza Kitchen

Kahala Mall • 4211 Waialae Ave.
(Across from Macy's)
808.737.9446

Go to cpk.com to view our pizzas, pastas, salads, appetizers & desserts. You can even order online!

Join the
CPK Adventure Club
at cpk.com and receive
\$5 off your next visit!



Eligible groups include non-profit schools and 501c organizations. Donation amount excludes proceeds from tax, gratuity, gift card and retail purchases. Valid for dine-in, take-out, online orders, catering or curbside service. Alcoholic beverages included. Not valid on delivery. Event proceeds void if flyers are distributed in or near the restaurant. Manager, please attach this flyer to the guest check.