



LIMA HANA

Serving Others for 50 years



January Emphasis
 YMCA Service
 RSD: Phil Sammer
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Kaimuki Y's Men Club
 4835 Kilauea Avenue
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Inside this issue:

Club President's Message	1
International, U.S. Area, Hawaii Region News	2
Christian Emphasis	2
Branch Exec Message	3
Coconut Wireless	4



President's Message

By Tiffany Kiyabu

Aloha, Everyone!

We have started our new year with a running start, and it seems the pace will keep up with it for quite some time. Lots of exciting things going on in the world of the Ys Men. I trust that your holidays went well and that you were all able to spend your time with your loved ones. Jay Nishimura and I recently returned from a family trip to California to celebrate my younger sister Brittany Kiyabu's graduation from the University of Hawaii at Manoa with a Bachelors of Arts in Biology. I am in the process of putting together an album of our trip and will be sure to share it with anyone who wants to see our shenanigans at our upcoming YMCA Sunday and Holiday party in February.

I want to throw a big shout out to club member **Cassidy Inamasu** who served as the State Diector for this year's YMCA of Honolulu 63rd Annual Youth in Government Program. With the integral help of other club members like **Jay Nishimura** and **Keahi Kaawa**, this year's state session was a great success. A big thank you to **Sharon Ishida, Brad Ishida, Anthony Yee, Maile Yee, and Noa Hussey**, for coming out to the Opening Session at the State Capitol. The YIG delegates, especially those from Kaimukia appreciated your attendance.

A second big thank you to **Sharon** and **Brad Ishida** who helped prep and do all the shopping for the Metro District meeting that our club hosted as well. Thank you also to **Cassidy Inamasu, Jay Nishimura, and Anthony Yee** for helping prep the food and set up the room. A special thank you to our mini bartender, **Maile Yee**, who assisted me in making our non-alcoholic margaritas to go with the taco theme of the evening. Everyone in attendance enjoyed themselves and we received many praises for the food. Thank you to all of you who came and helped.

Upcoming events still to keep in mind is our rescheduled Maunalani BINGO Project, Ronald McDonald House project, and our annual Holiday Party (February) following YMCA Sunday. Dates are still pending for the Ronald McDonald project and Maunalani BINGO Project, so please keep an eye out for details on that. See you all at YMCA Sunday!-----

Tiffany



CLUB CALENDAR

NEXT CLUB MEETING
 February 9th, (before club holiday party)
 Ishida home

YMCA ANNUAL SUPPORT CAMPAIGN ASSOCIATION KICK OFF
 Saturday, February 8th
 11:00 AM registration
 Dole Cannery

YMCA SUNDAY & HOLIDAY PARTY
 Sunday, February 9th
 Wesley Methodist Church
 Meet at 9:15 outside church
 Holiday Party follow service at the Ishidas at their home



INTERNATIONAL NEWS

It was clarified by AP **Debbie Redmond** that the discounted International Youth Membership dues are no longer accepted. Youth Members will be paying the full amount for International dues but still maintain the 1/2 dues for the Hawaii Region and Area assessment.

U.S. AREA NEWS

A WebEx conference will be held on February 1st for the U.S. Area Council. This Internet conference, coordinated by IT Webmaster for the Area, **Bob Daniels**, will connect up the Council from all over the country to discuss the budget with CFO **Gene Koester**. (Just imagine the money saved with participants not having to fly/drive to a meeting and stay at hotels!)

HAWAII REGION NEWS

And speaking of the illustrious **GENE KOESTER**... he will be the U.S. Area representative for our upcoming Hawaii Region Convention in May. **Gene** will be accompanied by his wife, **Patty**, both are looking forward to revisiting the Island of Hawaii. They spent part of their honeymoon there over 36 years ago and have wonderful memories of the Island.

Announcing the "new" part-time CEO of the Island of Hawaii YMCA: none other than **Bobby Stivers-Apiki** - for just a 6-month stint this time to help with the restructuring and revitalization of the YMCA located in Waiakea. Much success, **Bobby**, to you and the YMCA!

METRO DISTRICT NEWS

The Kaimuki Y's Men's Club hosted the Metro District meeting at the Kaimuki YMCA on Monday, January 20, 2014. The club prepared a taco bar, complete with non-alcoholic margaritas, followed by brownies and pies. DG **Eddie Miwa** presided over the meeting. Key items stated in reports included the schedule for the "Peace Through My Eyes" project which will be conducted in the Metro District YMCAs' Spring Intersession Break in March for 3rd and 4th graders. The winners will be presented with their rewards at the April Healthy Kids Day sponsored by the YMCA of Honolulu on April 12th at the Bishop Museum. On that day, the Metro Y's Men and Women will be once again be selling their popular shave ice.



CHRISTIAN EMPHASIS

"But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control ..."

Galatians 5:22

A THANK YOU FOR CHRISTMAS GIFTS

The Kaimuki Y's Men have received a lovely card of appreciation for the contributions made to the St. John's Outreach Center from the Outreach Coordinator, **Pearl L. Bates**. In the past, our perpetual Christmas project chairperson, **Phyllis Seto**, has gifted one family chosen to receive anonymous gifts from our club. Recently, Phyllis has found a great source for our gifts through St. John Catholic Church. Our contributions this year touched the lives of 5 families in different ways. Here are the kind words of appreciation from Pearl:

"To all of you wonderful people—thank you, thank you, thank you. The towels, etc. were given to a struggling family. The Times certificate was given to a family where both mother and father can no longer work, due to health problems. Two Walmart gift cards were given to 2 teenagers who missed the Angel tree and had no gifts. The Longs gift card will be given to someone in need of help for their medication.

Your thoughtfulness made the Christmas of 5 families brighter.

Thanks again and may God continue to bless all of you as you help the less fortunate."

And thank you, **Phyllis**, for your never-ending Christmas spirit, and to all of the Kaimuki Y's Men for your generosity at Christmas and throughout the year! Let's continue this tradition of sharing with others who need our help.



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



Aloha, Lima Hana Readers,

Gung hee fat choy! I am happy to report that the Kaimuki-Waianalae YMCA has ushered in the Year of the Horse by storming out of the starting gate:

Youth

Our branch had the largest representation at Youth In Government 2014 legislative session. Under the leadership of **Jay Nishimura**, our fellow Y's Men member, Kaimuki teens held several of the officer seats and won Bill Of The Year for the fourth consecutive year. What struck me as even more impressive was the time and care our staff and advisers invested into the program to provide our youth with a valuable leadership experience.

Membership

The Kaimuki Branch is coming into the year with over 1,200 fitness members and the highest retention rate in the association. With the national average at approximately 60%, an astounding 74% of our members have been with our Y for 13 months or more. **Megan Parker**, our Membership and Healthy Lifestyles Director, and her team have done a superb job supporting our community in meeting their health goals. From Arthritis therapy to Zumba, the programming at the Kaimuki branch continues to evolve.

Aquatics

The aquatics department has been under the new direction of **Meagan Hake** from the beginning of the new year. Her experience in managing community pools has helped to grow our aquatics enrollment to the largest in the Association. In addition to our regular programs, we have just launched another wave of our SPLASH program for Kuhio elementary students. Forty four students from Kuhio will experience a series of lessons on basic swimming skills and water safety from YMCA aquatics instructors. The entire program is being generously funded by the Kosasa Foundation.

What these superlatives and stats speak to is the amount of impact we have on our community. With our Annual Support Campaign just around the corner, I would like to highlight that the only reason we are able to reach this level of impact is through the volunteerism, service, and philanthropic support from people like the Kaimuki Y's Men. Thank you for a wonderful 2013 and we look forward to journeying together in 2014.

Mahalo,

Tony

KAIMUKI Y'S MEN ATTENDEES AT STATE CAPITOL FOR YOUTH IN GOVERNMENT OPENING CEREMONY

Left to right: Noa Hussey, Keahi Kaawa, Cassidy Inamasu, Amber Alejandro (Youth Governor from Waialua), Brad Ishida, Sharon Ishida, Tiffany Kiyabu, Jay Nishimura, Maile Yee, and Tony Yee.





The Club Coconut Wireless

Husband, **Ray Seto**, reported at the last Metro District meeting that due to health reasons, **Phyllis Seto**, will not be on our club roster but will still be helping out with some of our activities whenever possible. **Phyllis** has been an anchor for not only our club but on District and Regional levels as well, even serving as Regional Director. Our love and thanks go out to her for the many, many years of service. We also look forward to seeing her at activities very soon.

Kaimuki Club member, **Cassidy Inamasu** took on the enormous responsibility of State Director of the YMCA of Honolulu's 63rd Annual Youth in Government program this year. He is on staff at the Mililani YMCA branch working with youth programs, and continues his membership with the Kaimuki Y's Men.. The participation was greatly increased from the past several years and the young participants were sworn in during the Opening Day ceremony on January 18th at the State Capitol in the Senate chambers. Dignitaries included U.S. Representative **Tulsi Gabbard**, and former long-time Chief of Staff to the late U.S. Senator **Daniel Inouye**, **Jennifer Sabas**, who gave the keynote address. **Cassidy** deserves congratulations and kudos for his extremely hard work, as does member **Jay Nishimura**, the Kaimuki-Waiialae YMCA Program Director, who has upheld a great involvement and participation from the branch teens in the YIG program in recent years.

Condolences to the family of the PIP **Jim Mueller**, who recently passed away in California. **Jim** was a strong supporter of the Kaimuki Y's Men Club, attending numerous Hawaii Region Conventions, and most recently the Kaimuki Club's 50th Anniversary Celebration. His stories and recollections of Y's Men will be missed. Our deepest sympathies go out to his lovely wife **Audrey**, and his family in their time of sorrow.

Welcome back, **Keahi Kaawa** to the Honolulu city lights and the Atherton YMCA once more! **Keahi** has just accepted a Program Director position back at Atherton where he had left to join the staff at Camp Erdman. We have already seen more of **Keahi** at club activities since his move back to town. **Keahi** was most recently spotted at the Youth in Government events, a familiar venue for him for the past many years.

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, Ray Seto,
Brian Shimabukuro, Robert Stivers-Apiki,
Tony Yee, Hiroko Yoshida, Vernon Yoshida

HONORARY MEMBER

Paul Kuromoto, Phyllis Seto

KAIMUKI Y'S 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
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