



LIMA HANA

Serving Others for 50 years



July Emphasis
MEMBERSHIP/ CONSERVA-
TION/ EXTENSION

RSD
GARY HIGASHIONNA

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Kaimuki Y's Men Club
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President's Message

By Tiffany Kiyabu

Aloha Members!

It was absolutely wonderful to see everyone and their family and friends at the July meeting with our Japan club member **Kolohe Imamura**! I am so thankful for all the members who were able to attend, and who were there in thought and spirit. It truly was a memorable evening filled with great food, conversation, music and fellowship.

We will welcome another longtime friend of the club **Azusa**, and her family who will be visiting in Hawaii from Japan at our August meeting on Monday, August 10th, 2015, at the Kaimuki YMCA. Looking forward to seeing you all there!

With summer coming to a close and the school year ramping up; there are lots and lots of changes and things to prepare for. Congratulations to club member **Cassidy Inamasu** on his recent job transition to the Nuuanu YMCA, where he will oversee the Youth Department. Furthermore congratulations to all the Ys Men members who have survived the summer and are ready for the impending school year! Pat yourselves on the back and read a few tips I found at oxyfresh.com to help guide you through the inevitable stress that comes along with balancing workloads, college courses, volunteer opportunities, and life itself:

Unplug – Turn off the cell phone, power down your computer. Sever the ties and enjoy some quiet time. Grab that book you've been meaning to read and head to the park, or just stay at home and relax in a comfy spot. Enjoy a little peace and quiet.

Start saying No – Most people are pulled in about 20 different directions all of the time. Help out here, volunteer there...while they are all good causes and they all need help, you aren't the end all answer for them all of the time. Learn to say no every once in a while and use the time doing something you enjoy.

Exercise – You don't necessarily need to go enroll in a gym or start a detailed exercise regime. Just get out for a walk, take a bike ride, or go for a swim. Whatever type of physical activity you enjoy; get out and do it.

Positive Thinking – It may not sound like much, but it is helpful. This may be hard in the beginning, especially if you are a cynical person, but give it a try for a few days. Stress and anxiety is tiring.

The Big Picture – When something starts 'stressing you out, take a step back and evaluate it in light of everything else going on in the world. Is it really significant enough to cause problems for you? Let the little things slide.

Hope to see you all again soon!

Tiffany

CLUB CALENDAR

NEXT CLUB MEETING

Tuesday, August 10, 2015
6:15—8:00, Kaimuki Y

MACY'S SHOP FOR A CAUSE

Saturday, August 29, 2015

Enjoy all day **30% discount shopping!!** Don't forget to drop in the entry form at any Macy's for a chance to win a \$500 Macy's gift certificate.

DONATE TO THE KAIMUKI Y'S MEN'S CLUB'S SCHOOL SUPPLY DRIVE FOR THE KUHIO SCHOOL A+ SITE

Supplies, monies and other donations are being accepted at the Kaimuki YMCA.

Call Tony, Jay or Nainoa for more details and deadline dates.



INTERNATIONAL NEWS

Mr. Wichian **BOONMAPAJORN**
International President 2015/16



Theme: *"Mission with Faith"*

Slogan: *"Count your Blessings"*

If you get on the International website, ysmen.org, you will be able to read Mr. Boonmapajorn's emphasis for each month of his term, as well as about the many services that Y Service Clubs provide throughout the world.

U.S. AREA NEWS

U.S. Area awards were presented to the Regional Director **BOBBY STIVERS-APIKI** at the U.S. Area Convention in Grand Rapids, Michigan, for the **KAIMUKI Y'S MEN'S CLUB** and **NUUANU Y'S MEN AND WOMEN'S CLUB** for Youth Service, World Service, Community Service, Staff Training and Membership. An exceptional issue of The Bulletin Board (the Hawaii Region's official publication edited by **RUSS LYNCH**) shares Bobby's many experiences at the recent Convention. Take a few minutes to read the colorful, 5-page edition at <http://ysmenhawaii.org/areaspecial.pdf>, that will take you right to the Convention as if you were there too!

AP **CHARLEY REDMOND** asks that we all say a little prayer for PAP **FRED LEONARD**, as he enters the recuperative stage of his recent heart bypass surgery. **KAY LEONARD**, **FRED's** wife, reports that "**FRED** is not yet out of the woods. His doctor says to take it one step at a time. So smile, Step 1 is DONE! One million more to go...."

METRO DISTRICT NEWS

Metro District Governor **ALBERT LEE** (Nuuanu Y's Men and Women's Club) called the quarterly meeting to order on July 18th at the Kupu Hawaii facility located in the former Kewalo Basin Net Shed. The Nuuanu Club hosted the meeting and luncheon. Among the agenda items and decisions, the representatives present voted to donate \$600 to the YMCA of Honolulu out of the profits recognized for Healthy Kids Day in April. Also to be researched for HKD will be a rock-climbing wall in addition to the Shave Ice Booth.

The next Metro District meetings will be at Kalihi on November 7th; Central in January; and the Kaimuki Y's Men volunteered to host the Metro District Conference in April 2016.

Long-time Kalihi Branch Executive **TONY PFALTZGRAFF** has officially retired as of July 1st. Congratulations to **KYLE ISHIZAKA**, former Associate Director at Kalihi on his appointment to succeed **TONY**. **KYLE** is also a member of the Kalihi Y Service Club.

HAWAII REGION NEWS

The search is on! The 2016 Convention Committee, headed by **DUKE CHUNG** (West Oahu Y's Men's Club) and **BRAD ISHIDA** (Kaimuki Y's Men's Club), have already started looking into possible sites for the next Regional Convention. It really does take a year to plan and execute a successful event. If any club member would be interested in helping out, please let **BRAD** know. **EDDIE MIWA** will be installed as the Regional Director during the Convention and will share his goals for our Region.

WELCOME BACK, KOLOHE IMAMURA!

Over thirty-seven club members, family and friends gathered at the Kaimuki YMCA on Sunday, July 19th to greet **TATAE “KOLOHE” IMAMURA**, who journeyed to Hawaii to participate in Roy Sakuma’s Annual Ukulele Festival at Kapiolani Park. An annual participant in the event for almost thirty years, **KOLOHE** was unable to attend last year due to family illness. It was great to see him continue his annual trek to Hawaii, and share his ukulele talent with the audience.

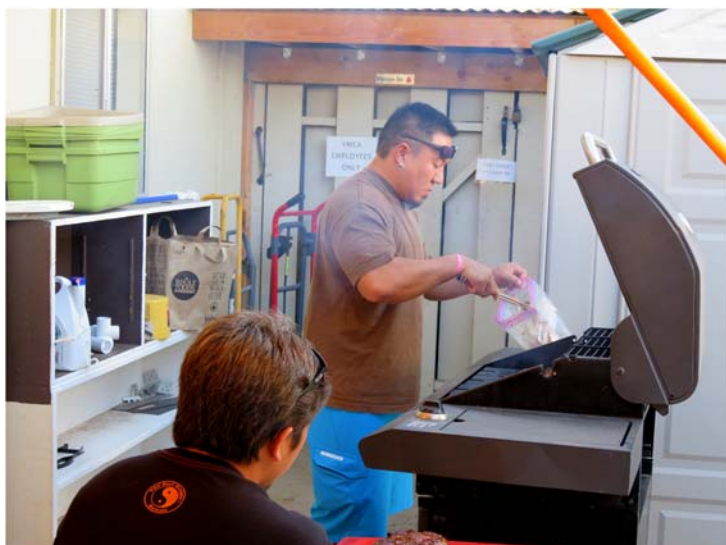
Club members enjoyed a scrumptious potluck dinner, and then listened as **KOLOHE** and friends (**TETS USHIJIMA, JOY ANDRES, KAI UYEHARA,** and **KEAHI KAAWA**, entertain all. Much maha-lo to **TONY YEE**, Branch Executive, for opening up the branch to the club.



Strumming a sweet melody on their ukes. (left to right) Ray Seto; Tets Ushijima; Marisa Andres; Joy Andres; and Kolohe Imamura.



Keahi Kaawa insisted on rehearsing his solo parts before joining the group.



Chef Wes Pei and his assistant Kameron Ho toiled over the grill cooking steaks, ribs, chicken and shrimp for all to en-



Joy and Kolohe...the dynamic duo.



A Message from the Branch Executive of the Kaimuki-Waialae YMCA

TONY YEE



Dear Lima Hana Readers,

The end of summer is quickly approaching. It has been quite a quick, but nowhere near quiet, season thus far. Here are some highlights of what has happened and a preview of items of interest that are just around the corner.

Kosasa Foundation Grant

The Kosasa Foundation has granted the Kaimuki YMCA with \$15,000 to deliver the SPLASH program to three schools in our area. SPLASH is a national YMCA program that teaches comprehensive water safety skills and also builds basic swimming skills. We will be able to serve students from Kuhio Elementary, Palolo Elementary, and Anuenue Elementary through this generous grant.

Jarrett Middle School

Over twenty students from Jarrett Middle School came to Kaimuki on July 17th to help us beautify our turnaround area at the parking lot entrance. They removed several pounds of overgrowth and installed beautiful planters which they made out of recycled tires. These children are part of Iolani school's Ka'i program which helps them reach their post-secondary education goals.



Scholastic Book Fair

Kaimuki will be holding a book fair with Scholastic Books from July 24-31. Clifford the Big Red Dog will be making appearances and we will hold storytime sessions for attendees.

Osaka YMCA

Our partner YMCA in Osaka will be sending eleven students to Honolulu for an integrated program with our local children. Y's Men **MASAYO NAKAGAWA** and Y'slings **DAICHI** and **KAINE** already connected with this group in Osaka and they are looking forward to reuniting here in Honolulu in early August!

Finally I would be remiss to end this month's letter without acknowledging our summer staff who have really been going the extra mile to ensure a safe and fun summer for all participants. So many of them our Y's Men: **JAY NISHIMURA, TIANA MARUYAMA, NAINOA HEASTON, KAMERON HO, BRYAN PARK, and KAI UYEHARA.**

Until next time,

Tony



MEET OUR NEW MEMBERS

KAI UYEHARA

A dynamic young man, **KAI UYEHARA** recently graduated from Kalani High School and served as the Youth Governor for YMCA Youth Legislature's Youth In Government program. **KAI** states that he hopes to gain knowledge from the Y's Men. He also "love(s) to help out the YMCA in any way". He is currently enrolled at the Kapiolani Community College and works part-time as a Day Camp Leader. **KAI** was a teen participant at the Y and an A+ Aide. He can be found at the beach or hiking to relax. Sponsored by Club President **TIFFANY KIYABU**, **KAI** is a most welcomed addition to the Club!



REESE EBATA



Another member recruited by **WES PEI**, **REESE EBATA** was attracted to Y'sdom as he heard "great stories that **WES** and **KAMERON** told me. What they said caught my interest and made me want to learn more." He is enrolled at the University of Hawaii, Manoa campus, and also works on staff at the Kaimuki branch. **REESE** grew up through the Y program and is hoping to meet a "great group of people who share the same drive and passion to help others". His outside interests include soccer, running and photography. A personable guy and sure to add much to the Club.

TIANA MARUYAMA

TIANA MARUYAMA also wielded the Youth Governor's gavel a few short years ago and continues to work with the Teen programs at the Kaimuki YMCA, mainly to "learn and experience all that the YMCA has to offer." **TIANA** is hoping to gain knowledge and experiences and a better understanding what the YMCA is capable of, along with the opportunity to meet people that are interested in helping other people. She is employed as the branch's Club-Mid Site Director (for middle school aged participants). Also keeping her in high gear is her son, **KAMAHINA**, 6 years old, and our newest "Y'sling". **WES PEI** and **JAY NISHIMURA** co-sponsored our energetic, cheerful new member!





CLUB COCONUT WIRELESS

Best wishes for a speedy and full recovery to Club member **HIROKO YOSHIDA**, who had heart surgery in February. **HIROKO** will be meeting up with fellow member **MASAYO NAKAGAWA** at the Asian Convention to be held in Kyoto in August.

Hooray for Club President **TIFFANY KIYABU** on her recent appointment as Director of Alumnae Affairs at her alma mater, Sacred Hearts Academy. She will be responsible for the planning and implementation of programs that strategically engage alumnae and provide tangible benefits to graduates and current students.


And away we go!! After graduating from Punahou in May, **JOY ANDRES**, one of the Club's Y'slings, will be leaving in August to start her college experience at Arizona State University in Tempe, Arizona. She is excitedly looking forward to spreading her wings, as she begins studies towards a degree in criminal justice. Good luck, **JOY!!**



The Kaimuki-Waiialae YMCA Summer Fun program held its annual Family Night on Saturday, July 25th at the branch location. Despite hot, humid conditions, club members **TONY YEE**, **JAY NISHIMURA**, **KAI UYEHARA**, **NAINOA HEASTON**, **WES PEI**, **BRYAN PARK**, **BRAD** and **SHARON ISHIDA**, and **TIFFANY KIYABU** and family helped participants enjoy the activities and festivities.



Tony checks out the sale of Scholastic books at Family Night.



Christian Emphasis

John 10: 11 (NKJV)

"I am the good shepherd. The good shepherd gives His life for the sheep."

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

2015-2016 CLUB OFFICERS

PRESIDENT: TIFFANY KIYABU
VICE-PRESIDENT: WES PEI
TREASURER: BRAD ISHIDA
SECRETARY: SHARON ISHIDA
LIMA HANA BULLETIN EDITOR: SHARON ISHIDA

KAIMUKI Y'S MEN CLUB ROSTER 2015-2016

Lisa Joy Andres, Reese Ebata, Nainoa Heaston, Leina'ala Hilea, Kameron Ho, "Kolohe" Imamura, Cassidy Inamasu, Brad Ishida, Sharon Ishida, Keahi Kaawa, Tiffany Kiyabu, Colleen Leung, Bob Martin, Tiana Maruyama, Masayo Nakagawa, Jay Nishimura, Bryan Park, Wes Pei, Raymond Seto, Brian Shimabukuro, Robert Stivers-Apiki, Kai Uyehara, Tony Yee, Hiroko Yoshida, Vernon Yoshida

HONORARY MEMBERS

Paul Kuromoto, Reuben Naholowaa, Phyllis Seto

KAIMUKI Y'SLINGS

Joy & Marisa Andres, Kaine and Daichi Martin, Daniel "Kamahina" Maruyama, 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

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