



LIMA HANA

Serving Others for 50 years



July Emphasis
ALEXANDER SCHOLARSHIP
FUND/DOLLARS FOR
SCHOLARS

RSD
MAURICE SHIMONISHI

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Kaimuki Y's Men Club
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President's Message

By Tiffany Kiyabu

Aloha Members!

When it rains, it pours! Hope all of you survived the heavy rains this month and escaped with minimal damage. Be sure to keep your emergency kits well stocked as Hurricane Season still has a bit more to go. Here are some tips:

Get Your Family Ready

Go over your emergency plan with your family. Make sure you have the supplies you need. Keep checking for updates about the storm. Watch TV, listen to the radio, or check online. Listen for disaster sirens and warning signals. Pack important documents (like wills or passports) with you. Call the hospital, public health department, or the police about special needs. If you or a loved one is older or disabled and won't be able to leave quickly, get advice on what to do.

Take care of your animals.

Put pets and farm animals in a safe place. Keep in mind emergency shelters and many hotels may not let you bring animals with you if you need to evacuate. Ask your local public health department if pets are allowed in shelters.

Get Your Home Ready

Clear your yard. Make sure there's nothing that could blow around during the storm and damage your home. Move bikes, lawn furniture, grills, propane tanks, and building material inside or under shelter. Cover up windows and doors outside. Use storm shutters or nail pieces of plywood to the window frames to protect your windows. This can help keep you safe from pieces of shattered glass. Be ready to turn off your power. If you see flooding, downed power lines, or you have to leave your home, switch it off. Fill clean water containers with drinking water in case you lose your water supply during the storm. You can also fill up your sinks and bathtubs with water for washing. Lower the thermostat in your refrigerator and freezer to the coolest possible temperature. If your power goes out, your food will stay fresh longer.

Get Your Car Ready

Fill your car's gas tank. You may also want to consider making plans with friends or family to get a ride. Check your car's emergency kit. Move cars and trucks into your garage or under cover.

Looking forward to seeing you all on **Sunday, September 20th** for our **Kaimuki YMCA Beautification Day** at 9AM. Be ready to get a bit dirty working with dirt, fertilizer and plants. Lastly; on a personal note, please consider voting for Jay and myself to win our wedding at the Koolau Ballrooms. We need help to get to the finals; and then again if we make top 5. To vote, visit <https://www.tabsite.com/smrt210208> or Koolau Ballrooms on Facebook

Hope to see you all again soon!

Tiffany

CLUB CALENDAR
NEXT CLUB MEETING
Monday, September 14, 2015
6:15—8:00, Kaimuki Y

MACY'S SHOP FOR A CAUSE
Saturday, August 29th
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.

DON'T FORGET YOUR DUES!

KUHIO SCHOOL SUPPLY DRIVE EXTENDED
Drop off supplies at the Kaimuki Y front desk



INTERNATIONAL NEWS

When searching the Y's Men International website, I found this intriguing article about helping young people to pull themselves out of the devastating poverty that is their reality.

Saving the world, one person at a time

[Y's Men International](#) and the International Youth Committee which works in over 65 countries around the world have set themselves a challenge to raise funds to provide an opportunity for a young person to gain valuable market-relevant skills.

Did you know one in five young people around the world aged 15-24 are out of work for more than 12 months?

Just \$22 could buy a young person with a Tailor's Kit including a sewing machine, thread, needles, scissors and measuring tape so they can learn the skills to transform their lives.

Darshini: A sewing machine helped me recover from the horrors of Sri Lanka war

"In 2009 my family were caught up in the final battle and my husband was killed. I lived in a temporary shelter for four years and I had no way of looking after my two children.

By donating to this appeal you could help more young people like Darshini enroll on a vocational training course which includes learning a trade in tailoring, catering, motor mechanics, hairdressing and brick-laying.

"I started to train in sewing at the YMCA. After I completed my course I received a National Vocational Training Certificate and the YMCA gave me a sewing machine.

"Now I make all sorts of clothes – saris, blouses, gowns, shorts and shirts – and I earn a minimum of 5000 rupees a month (£25/\$38).

"Sewing means I can now look after my children and buy them better food, clothes and textbooks for school.

"Life is much better now, the help from the YMCA has been a great relief."



Each Small Business Kit is creating opportunities for young people to work their way out of poverty.



INTERNATIONAL NEWS (continued)

Please donate today and invest in young people so they can learn new skills and a trade.

\$22 will buy a tailors kit including a sewing machine, tread, needles, scissors & measuring tape.

\$38 will buy a cooks kit including pots, pans, utensils and bowls.

\$53 will buy a carpentry kit including a saw, nails, hammer and screwdriver

\$76 will buy a mechanics kit including a toolbox with spanners, screwdrivers and a socket set

There are other inspiring stories of how this project has helped the recipients and merit a look-see on the ysmen.org website.

U.S. AREA NEWS

Immediate Past U.S. Area President **DEBBIE REDMOND** reported that she and current Area President, **CHARLEY REDMOND**, were so impressed with our own District Governor **ALBERT LEE**, who attended the Asian Area Convention at the invitation of Nuuanu's Brother Club. She was equally delighted to present him with the Elmer Crowe Award for the outstanding District Governor for this past year. **DEBBIE** also noted that we needed more leaders like RDE **EDDIE MIWA**, who was the previous recipient of that prestigious award as well. **CONGRATULATIONS, ALBERT!**

METRO DISTRICT NEWS

"Youth World," published by Y Service Clubs International, features the 2015 Hawaii Region's Peace Project, "Peace Through My Eyes", in its latest issue. You can read about it or download a copy at www.ysmenhawaii.org. Pictures of each Club's winner are also shown throughout the issue. Great recognition—thanks to **RUSS LYNCH** of the Windward Club.

HAWAII REGION NEWS

The August dues reporting period is once again upon us. Each Club's President and Treasurer have been sent statements for the amounts each Club owes for International, Area and Region dues. Please check with your Treasurer for the amount you may owe.

RD **BOBBY STIVERS-APIKI** is getting very excited about the Region's Annual Convention next year (May 20-22, 2016). Could it be because it will be the Region's 80th Annual Convention? Convention business will all be held at the Ilima Hotel, with Friday and Saturday dinners off site at the Japanese Cultural Center, and the Willows Restaurant. More information will be forthcoming as it becomes available.

RD **BOBBY STIVERS-APIKI** will be making a special presentation to the Metro Board of the YMCA of Honolulu at their meeting on August 27, 2015. Arranged by YMCA Liaison RSD **PHIL SAMMER**, **BOBBY** plans to detail how Y's Men Clubs and its members are instrumental in supporting the YMCAs through fundraising, assisting in programs, and serving on numerous Boards and Committees. There are presently three (3) YMCA branches in the Metro District without a club association, Camp Erdman, Atherton, and Leeward.



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

TONY YEE



Dear Lima Hana Readers,

As of only last week, summer has officially concluded. We thought we would give you a quick overview of the eventful summer complete with “uku pleni” photos!

Togetherhood



On August 7th, the Kaimuki Y Togetherhood team delivered lots of good cheer and a little friendly competition to residents of Leahi Hospital. Dubbed the “Hanafuda on the Road” project, Kaimuki fitness members brought several decks of the traditional Japanese card game, YMCA prizes, and even an accompanying song. After an hour of fun and engagement, both parties were sad to part ways. Kaimuki’s executive director, who was thoroughly beaten by a wheelchair-bound 90 year old resident, vowed to return for revenge.

Mahalo to **JOANNE LUNDSTROM** and **LEILA LEE** for chairing the Togetherhood committee.

Osaka’s Eleven



JAY NISHIMURA with the support of former Youth-Governors-turned-staff, **KAI UYEHARA** and **BRYAN PARK**, designed and ran a new program in partnership with the Osaka YMCA. Kaimuki hosted eleven elementary school students from various Osaka YMCA programs and provided them with a two-week experience of cultural exchange and English language development. Kaimuki thanks Wilson Elementary School and their new principal **RYAN AMINE** for partnering with the Y and providing our Osaka keiki with two whole days of an American school experience. Also we would like to extend a special thanks to the entire Martin Family. **BOB, MASAYO, KAINE** and **DAICHI MARTIN** were our branch ambassadors meeting with the Osaka group early on in Osaka and joining them again in Hawaii!

(CONTINUED ON PAGE 5)

Interns' Internal Thoughts, In Turn



Sawyer: "I was floored by how great the club-mid kids were. Gotta love it when they know more about Tom and Jerry than I do."

Chelsea: "I loved working with Day Camp keiki. They have so much energy, sometimes too much, but that's okay."

Taylor: "I appreciated the behind the scenes look at how programs are run, but especially value the friendships I made here at the Y."

TAYLOR WINCHESTER, SAWYER KNIBBE, and CHELSEA GODETTE, our 2015 interns from Michigan State University went above and beyond the call this summer. Not only did they support our many summer programs but they also organized and led a Senior Day Out to Lion Coffee and Foster Botanical Gardens.

Fresh and Healthy Vending Machines?!?

In August, Kaimuki changed vending services to Fresh Healthy vending. The new machines offer organic, non-GMO products that contain no added sugar. The machines also have credit card reader and run on less energy than the previous machines. "Our relationship with YMCAs nationwide continues to flourish," says **NICK YATES**, Fresh Healthy Vending's Chairman and Founder. "These locations perfectly meet the criteria necessary to give both kids and adults who are active and on-the-go the kinds of healthy snacks and drinks they need to perform with energy and vigor."

Facility Facelift

If you've been to Kaimuki recently you may have noticed a colorful and creative addition to the branch entrance. Jarrett Middle School students who participate in Iolani School's Ka'i program spent a Friday afternoon creating a clean and bright upgrade at the parking lot entrance. The Ka'i program helps middle schoolers from Jarrett achieve their post secondary school goals. The Kaimuki Y's Men will take the evolution of the area to the next level by adding soil and plans to each colorful tire. The event will take place on September 20th at 9am.



Mahalo and Aloha: Sarah Hussey

Kaimuki bids a fond farewell and mahalo to **SARAH HUSSEY**, our Associate Youth Program Director, as she pursues a teaching career. **SARAH** made a big impact at Kaimuki by growing programs and changing lives. She is missed by everyone except Mr. Microwave (in which **SARAH** was famous for turning popcorn into charcoal).

SPLASH

Mahalo to the Kosasa Foundation for granting \$15,000 to the Kaimuki Y to deliver the SPLASH program to three area schools. Thank you to **LORRAINE LESLIE** and **MICHELE MUELLER** for advocating that this important program continue to be supported. Anuenue, Palolo, and Kuhio Elementary school students will participate in SPLASH this 2015-16 school year.

Until next time,

Tony



CLUB COCONUT WIRELESS

Happy 80th Birthday to RAYMOND SETO..... Young at heart and seasoned by commitment and dedication to his family and Y's Men! May you have many more birthday celebrations, Ray!





Fortune Cookie Wisdom

"Okay to look at past and future. Just don't stare."

The Golden Book tribute from the Kaimuki Y's Men's Club has been voted to honor the upcoming nuptials of Club President, **TIFFANY KIYABU** and Kaimuki-Waiialae YMCA Program Director, **JAY NISHIMURA** on December 12, 2015.






Christian Emphasis
Psalm 46:1-3, 11 (NKJV)

"God is our refuge and strength, Therefore we will not fear, Though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though mountains shake with its swelling... The Lord of hosts is with us; The God of Jacob is our refuge."



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

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Gardena, CA 90248-3364

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