



LIMA HANA

Serving Others for over 50 years



January Emphasis
TIME OF FAST GLOBAL PROJECT
 RSD: PHIL CHUN
 (KalihiY Service Club)
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Kaimuki Y's Men Club
 4835 Kilauea Avenue
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President's Message

By Tiffany Kiyabu-Nishimura

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Aloha, Members --

Ironically a LeapYear is supposed to extend the year by an extra day, an extra 24hrs every four years, giving you just a bit more time. Yet, I find myself racing at an even faster pace to attempt to keep up with anything and everything. While the world may have been given an extra day, I feel as if I have lost a few days. Mahalo to all of you for your patience as usual and for continuing the good work that you do despite my hectic ways.

Our annual YMCA Sunday and Holiday Party was a grand success; mahalo to all of those who were able to join us. In addition to the fantastic fellowship with our friends and family, we were able to extend our 'ohana just a bit further when we agreed to become a Brother Club with Kyoto Zero Y's Men Club! How exciting! Speaking of exciting, thank you, **BOBBY** for planning those great games -- it truly stumped many of us guessing!

Don't forget to continue your ASC phone calls and solicitations on behalf of the Kaimuki YMCA's Annual Support Campaign, every little bit helps! If you have any questions, be sure to give the branch a call, and I am positive the great staff and volunteers of the Kaimuki Y will be right there to assist you!

Looking forward to seeing you all again at our next meeting, which I am sure will be upon me in a blink of an eye.

Tiffany

CLUB CALENDAR

NEXT CLUB MEETING
 Monday, March 14th, 6:30 pm
 Kaimuki-Waialae YMCA

2016 ANNUAL SUPPORT CAMPAIGN

Please work your cards (and maybe solicit some NEW donors) throughout the months of February and March!
GOAL FOR THE BRANCH:
 \$85,000

METRO DISTRICT CONFERENCE MEETING

Saturday, April 2nd, 5:00 pm
 Kaimuki-Waialae YMCA
KAIMUKI Y'S MEN HOSTING DINNER

80th HAWAII REGION CONVENTION

May 20—22, 2016



Fortune Cookie Wisdom
 "Never compare yourself to the best others can do, but to the best you can"



INTERNATIONAL NEWS

HENRY J. GRINDHEIM of Borgen, Norway, has been elected as the International President-Elect for 2016—2017. He will then serve as the International President thereafter. The results of the election was announced earlier this month. Congratulations, Mr. Grindheim!

India is prolific in the formation of new clubs. Since the beginning of this year, 14 new clubs have been added to the long list from that Area. 3 clubs from Korea have also been announced.

U.S. AREA NEWS

PATRICK MURPHY is working with the Las Vegas YMCA to start a new Y Service Club. **BOBBY** also reports that **MATT STUCKEL** announced that 10 to 12 youth members may be attending the International Convention in August. Also, 2 new Youth Clubs have been formed in the Area.

The recent U.S. Area's official quarterly bulletin "Y's Alliance", edited by Area Service Director, **FRED LEONARD**, Bulletin Editor, is well-worth a look-see on the ysmenusa.org website. You can also connect to it via the ysmenhawaii.org site, thanks to our web guy **RUSS LYNCH**. Check out **RD BOBBY STIVERS-APIKI**'s write-up for the Hawaii Region. Great photos and recant of the Region's projects.

METRO DISTRICT NEWS

The Metro District Conference will be hosted by the Kaimuki Y's Men's Club on Saturday, April 2, 2016, at the Kaimuki YMCA. Dinner starts at 5:30 pm.

YMCA Healthy Kids Day is slated this year for Saturday, April 9th at the Bishop Museum. Busy Y's Men and Women will be selling their famous shaved ice at the booth once again coordinated by Windward Y Service Club's **JOE-ANN MCARTHY**. Family, friends and other volunteers are needed for the morning shift (set-up and sales) at 8:00 am and the second shift from 12:00 noon to closing (sales and clean-up) about 3:30 pm. Sign ups through Metro clubs.

One of the highlights at Healthy Kids Day is the presentation of certificates and cash prizes for the annual Peace Project contest. FYI: the June 2015 issue of the "Youth World" international publication edited by Youth Intern, **DOMINIQUE FERNANDES-TRELLES**, featured photos and a write-up of the Hawaii Region Peace Project "Peace Through My Eyes".

HAWAII REGION NEWS

IPRD **SHARON ISHIDA** has distributed the forms for Awards and recognitions to Club Presidents (and/or designees) and Regional Counselors (active past Regional Directors). Deadlines are critical for submission and are clearly noted on each form: Club Awards (for service year April 1, 2015 through March 31, 2016), Trident Awards (specifically for outstanding new members before the end of their third year), Order of the Red Triangle (highest recognition in Y'sdom), and Club President of the Year (the latter two awards selected only by Regional Counselors). Club Bulletin awards are judged and presented by the Region's Bulletin Editor and Webmaster, **RUSS LYNCH** of the Windward Y Service Club. Awards will be given out during the luncheon on Saturday, May 21st.

Just in case you were wondering to what extent the Y Service Clubs support their YMCAs in Hawaii, it's been reported that most of the clubs in the Region raised a total of \$150,000 last year. Now that's a lot of work and love for our Ys!



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

TONY YEE



Dear Lima Hana Readers,

Thank you for taking the time to stay connected with the Kaimuki Y's Men's Club and with the Kaimuki Branch. With ASC in full swing, you must be curious about how things are progressing. You can stay connected with the latest and greatest at our ASC webpage [here](#). Be sure to [view the video](#) featuring one of Kaimuki's wonderful members, **SANDRA**, and Kaimuki all-star employee **DONNA**.



I'd like to thank one of our brother club members, **TAKEO OHARA**, from the Setagaya Club for connecting us with the Tokyo YMCA. Wilson Elementary School, will be working together with Tokyo YMCA to send 1000 cranes to a school in Fukushima. It has been five years since the disastrous earthquake, and Wilson School wanted to send a message of solidarity and support to children in the Fukushima area.



Earlier in February, Kaimuki collaborated with another non-profit called Playbuilders of Hawaii. They are a community based theatre group who gather stories from real people in different communities around the island then commission a professional playwright to write a play based on those stories. They enlisted another theatre group called T-shirt Theatre from Farrington High School and came to Kaimuki YMCA to collect stories from our Kupuna. It was a fabulous afternoon of sharing and learning.

Speaking of sharing and learning, I had the opportunity to sit in on some fantastic evening seminars conducted by our very own staff member **LESLIE SHARP**. She talked about basics of sugar in our diet and about how to read food labels. Many members attended and I am eager to see how we as a YMCA can help people on their path to better health through both exercise and nutrition.



I always enjoy comments, questions, and suggestions about this segment or about the YMCA world in general. Please feel free to write to me at ayee@ymcahonolulu.org anytime.

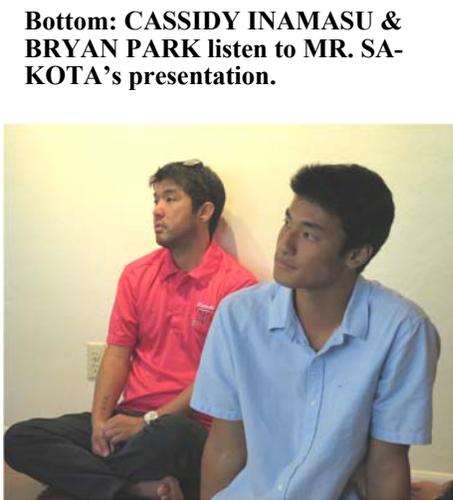
Until next time,

Tony

It's a Celebration of the Holidays In January!



Top: BRYAN PARK watches and hopes there will be food left after the ladies finish filling their plates.



Bottom: CASSIDY INAMASU & BRYAN PARK listen to MR. SAKOTA's presentation.



Top: KAORI and TONY YEE & COLLEEN LEUNG listen intently to MASAMI SAKOTA from the Y's Men's Club of Kyoto Zero.



Left: LISA JOY & RD BOBBY STIVERS-APIKI enjoying the pupus before lunch.



Right: Patient MASAYO NAKAGAWA helping MAILE YEE & MIYAKO SAKOTA (Masami's 5-year old daughter) with some fun and lunch.



Top: SHARON ISHIDA & Club Prez TIFFANY KIYABU-NISHIMURA present a token of friendship to MASAMI.



Top: MASAMI makes a warm and earnest presentation to the Kaimuki Y's Men members for an official Brother Club relationship. *And the Club voted "YES"!*





CLUB COCONUT WIRELESS

*It's exciting and timely—The Kaimuki Y's Men's Club and the Y's Men's Club of Kyoto Zero will be entering into a Brother Club relationship! Since the dissolution of two of Kaimuki's Brother Clubs—Gardena and Tokyo Ginza both due to lessening member numbers, the Club just voted to accept the bid for a relationship with Kyoto Zero during the Holiday Party on January 31st. **MASAMI SAKOTA** represented the Kyoto Zero Club after also attending the St. Patrick's Church with his charming daughter, **MIYAKO** ("Miya"). He conveyed his fellow members' greetings, including a letter from **Club President SHUICHI HATANO**. Lovely and unique gifts were presented to Kaimuki's members.*

Several members and their families intend to join us at the upcoming Hawaii Region Convention in May and perhaps a formal signing of a Brother Club agreement!



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Christian Emphasis

Romans 12:20 (NKJV)

"Therefore if your enemy hungers, feed him;

If he thirsts, give him a drink;

For in so doing you will heap coals of fire on his head.

Do not be overcome by evil, but overcome evil with good."



KAIMUKI - WAIALAE YMCA
 4835 Kilauea Avenue, Honolulu, HI 96816 You may also write to the editor at anolani@aol.com
 2015-2016 CLUB OFFICERS
 PRESIDENT: TIFFANY KIYABU-NISHIMURA
 VICE-PRESIDENT: WES PEI
 TREASURER: BRAD ISHIDA
 SECRETARY: BRYAN PARK
 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

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