



"To Acknowledge the Duty that Accompany Every Right"

## International Committee Holds its Annual Meeting for the First Time in Hawaii



Above: The 2007 International Committee officers (left to right) Kuni Delano, Africa Area President; Han-ki Choi International President; Lasse Bergstadt of Denmark, President-Elect; Herr Klaus Dietzel, International Treasurer, with Mrs. Dietzel. Right: Jimmy Ouchi (left), Kaimuki/Nuuanu member, and Dan Takamatsu listen to International President Han-ki Choi's speech. See related story in "Metro & Regional News" on page 2.

PHOTOS: PHIL CHUN



## YMCAs Kick Off 2007 ASC Campaign

The YMCA of Honolulu kicked off their Annual Support Campaign recently...This is the Y's most important program of the year, to tell supporters what the Y has been doing and hopes to be doing during the coming year. Hundreds of volunteers will be making calls to secure support for the Y's youth programs. Kalihi Branch's goal is to raise \$115,000 this year. A Team of

Kalihi Y's Men and Women will be making calls for the Branch, with Dick Hoy Wong serving as team captain. Kalihi's first report meeting will be on Wednesday, February 7, 6 p.m. at the Kalihi YMCA. This year's campaign theme is "Voyage into the Future", with Leon Florendo, former Kalihi Y's Men's club member, serving as the Campaign Chairman. ▼

## Happenings

### FEBRUARY

- 7 ASC First Report Meeting
- 10 Kauluwela School Painting Project (POSTPONED)
- 12 Membership Meeting: 6:30 p.m., Kalihi YMCA. Dinner Hosts: Eddie Miwa, Willie & Sally Wong, Sunny Young
- 21 ASC Second Report Meeting

## Celebrations

### HAPPY BIRTHDAY!

- FEB 5 Masanobu Nosaka (Sapporo)
- 9 Masami Yoshimura (Sapporo)
- 11 Kenny Ogata
- 17 Dan Takamatsu
- 18 Sally Wong
- 22 Kazuo Odani (Sapporo)

### HAPPY ANNIVERSARY!

- FEB 5 Sally & Wilfred Wong
- 7 Ray & Joann Takeshita
- 27 Phil & Mei-Chih Chun



Phil and Mei-Chih celebrate their 47th wedding anniversary this February. Above: The happy couple at their wedding reception held at Wo Fat restaurant on Saturday, February 27, 1960.

PHOTO: COLLECTION OF PHIL AND MEI-CHIH CHUN

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## Kalihi YMCA News

By Tony Pfaltzgraff

Kalihi YMCA Co-Executive Director

**T**he year always gets off with a bang with the kickoff of our ASC campaign. It was great to have Dick and Dan at the January 24 event to represent the club. They, along with about 80 other volunteers, were treated to a high energy dance performance by "Sweet Devotions" a group of teens from the Waipahu area. We also heard from the principal at Kamaile Elementary, Mr. Kila, who spoke about the impact the Y had on his life on the Waianae Coast. He shared a story with us about Ernie Uno, a Y volunteer, who ran programs for teens in Waianae in the 60s and 70s. Mr. Kila shared how the Y programs helped keep him focused as

tried to figure out what to do with his life. Mr. Kila also shared that his school has the largest concentration of homeless children in the State. On January 7, the YMCA of Honolulu held an open house at each Branch for fitness members. We had almost 50 people take tours of our facility, and we signed up about half of them. We are really beginning to fill up our fitness programs as more people see the quality of our equipment, and they also see the group exercise classes that have been added to our weekly schedule. If you made a New Year's resolution to get more fit, now's the time to come check out the Kalihi Y program!

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**W**E REGRET to announce that the YMCA has lost 3 of its leaders during the past month. **Phil Norris**, long time member of the Central YMCA and Metropolitan YMCA Boards, **Ernie Uno**, former Executive of the Wahiawa and Leeward Branch YMCAs, and former Nuuanu Y's Man, and **Peter Bower**, first Executive of the Leeward YMCA and current member of the Nuuanu Y's Men's Club, passed away this month. All 3 have made significant contributions to the YMCA of Honolulu and the greater community. They will be missed...The **new comprehensive facility of the Leeward YMCA** had a grand opening recently, unveiling an impressive building. The \$15 million expansion now includes a 25-yard, 6-lane, heated pool and a state-of-the-art fitness center with a scenic view overlooking Pearl Harbor. The 42,000-square-foot facility opened in late January...Pending Mei-Chih's health, the **Phil Chun's** will be heading to Las Vegas to celebrate their 47th wedding anniversary in February... **Sunny and Norma Young** returned from Las Vegas where Sunny was one of the many people who came down with a stomach ailment. Sunny insists it was from the buffet at the Freemont Hotel, as he ate there and Norma didn't. Sunny observed the serving crew as they replenished the food and was not impressed with their health procedures...▼

## Thought for the Day

**Satisfaction is relative.** Your happiness is relative to a scale you yourself have created. If you measure your satisfaction right now against the two or three greatest moments in your life, you will often be unhappy because those moments can't be duplicated. If you measure today's satisfaction against some tough days you've had, you have all the reason in the world to appreciate this moment.

Not surprisingly surveys find that happy people tend to have more

positive experiences than unhappy people. What is striking is that, objectively, their lives aren't that different. Studies find that happy people experience much the same range of events as unhappy people. The real difference is in what they define as positive and negative. Happy people are those who use a lower threshold in order to label an event positive.

*The 100 Simple Secrets of Happy People,*  
by David Niven, Ph.D.

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## METRO & REGIONAL NEWS

Much thanks to all those who came out to host the International Committee at the Japanese Cultural Center and helped with the transporting of all our visitors. This is the first time this top body in Y's Dom has held their meetings in Hawaii. The group, headed by International President Han-Ki Choi

from Korea, and Lasse Bergstadt, the International President Elect, are being housed at Phil Sammer's Ilima Hotel in Waikiki. Also participating in the meetings are Rolando Dalmas, the International Secretary General, the only professional staff position in Y's Dom, Herr Klaus Dietzel, International Treasurer,

and a number of other Area Presidents, including Fred Leonard of the U.S. Area and Kuni Delano, Africa Area.

Attending the dinner were Dan Takamatsu and Phil Chun from the Kalihi Club. Dan also helped with the picking up of visitors from the airport. ▼

# Club Meeting Notes

Members discussed the problems regarding the Give Aloha Program and made some adjustments. Donations will be sent to Kalihi, Camp and West Oahu Branches. It was decided that the Kauluwela School painting project would be on Saturday, February 10. Dick Wong agreed to be the Team Captain for the club's Annual Support Campaign Team for Kalihi YMCA. Members will include Phil Chun, Eddie Miwa, Mike Lacuesta, Sally Wong, Greg Lee, Wayne Kim. Dan Takamatsu and Tony Pfaltzgraft will be on the Board Team, while Sunny Young will again help the Camp Board team.

The Goal this year will be \$115,000 and the Kick Off dinner will be held on Wednesday, January 24, 6:00 p.m. at the Kalihi Y, followed by report meetings two weeks apart. Team members are urged to make their calls as soon as possible and finish the calls by the end of the second report on Wednesday, February 21. ▼

**Editor's Note:** Kauluwela School principal, Gwen Lee has asked for a postponement of the parking lot painting project, as she could not get enough paint and had to back order the item. She will call us as soon as the paint is in.

## Here's To Your Health!

### The 7 steps that add healthy years to your life:

- 1. **Cardiovascular exercise.** People who exercise 30–60 minutes per day can add 5 to 10 years to their quality life span.
- 2. **Lifting weights** for just 5 minutes a day will strengthen your bones and the surrounding muscles, making broken bones less likely.
- 3. **Mediterranean-style diet**, which includes plenty of fruits, vegetables, whole grains, legumes, garlic, nuts, tomato sauce, berries and fish, reduce the risks of getting heart disease and cancer.
- 4. **Getting sufficient sleep** helps your immune system fight off infection.



PHOTO: UCSD.EDU

- 5. **A shared life.** A good marriage and enjoyable social life truly do help you live longer.



PHOTO: LUCY PEMONI / ASSOCIATED PRESS

- 6. **Fish oil (omega-3 fatty acids).** Fish oil pills are one of the few dietary supplements that actually can lengthen life. Research has confirmed that fish oil promotes heart and brain health.

- 7. **Sunlight and vitamin D.** Studies suggest that vitamin D can help prevent breast, prostate and colon cancers, as well as arthritis. It also promotes the absorption of calcium, which is necessary for bone strength. A daily dose of sunlight also helps fight insomnia and depression.

## LAUGH A LITTLE, LIVE LONGER



**DONKEY RAFFLE!**

PHOTO: NETSONS.ORG

**A** Cajun named Jean Paul moved to Texas and bought a donkey from an old farmer for \$100. The farmer agreed to deliver the donkey the next day. The next day the farmer drove up and said, "Sorry, but I got some bad news. The donkey died."

"Well then, give me my money back."  
 "Can't do that. I went and spent it already."  
 "OK then, just unload the donkey."  
 "What ya gonna do with em?"  
 "I'm gonna raffle him off."  
 "Ya can't raffle off a dead donkey!"  
 "Sure I can. Watch me. I just won't tell anyone he's dead."  
 "A month later the farmer met up with the Cajun and asked, "What happened with the dead donkey?"  
 "I raffled him off. I sold 500 tickets at \$2 apiece and made a profit of \$898."  
 "Didn't anyone complain?"  
 "Just the guy who won. So I gave him his \$2 back."

— Arca Max publishing

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