



"To Acknowledge the Duty that Accompany Every Right"

Camp Erdman Deserves Your Support

By Sunny Young

Sunny went on his annual maintenance visit to camp to touch-up paint cabin signs and numbers. Since his last visit three months ago, more changes have occurred. The camp store has replaced a former office space and is fully stocked with snacks and drinks for hungry campers. The old termite eaten A-Frame cabin has been replaced with a two story structure that needs some electrical and plumbing work before it is completed. The adjacent basketball court is being shifted towards the beach and playing field as well as being made larger, with bleachers to be added. Also in that area, eight new parking spaces are under construction, taking over some of the space where the basketball backstop is. The asphalt sidewalks on the mauka side of the highway, where the Kalihi Y's Men had repaired the asphalt about three years ago, have been replaced with a concrete sidewalk. The twenty park benches which the Kalihi Y's Men provided three months ago, have been placed around camp to include near the beach for those wishing to relax with the sun and surf.

Part of the Marques Lodge has been made over to resemble a motel room with two twin beds and a bathroom for "Lost" filming. The Rotary Hall has been divided into two sections with a high school band practicing on one side while I was there. On the other side, a "Lost" props crew was building a very realistic restroom with sinks, mirrors and toilet stalls for filming of another segment today.

Yesterday was also the kickoff for Camp's Annual Support Campaign.

Unlike other YMCA Branches in Hawaii who have family memberships and serve a specific community, Camp does not have family memberships and a pool of nearby residents to provide support. Consequently Camp must draw from volunteers to go island wide for their annual fund raising to support their programs. This year the goal is \$110,000. Some of the areas that camp is focused on are:

1. **Resident Camp** which provides a safe environment for youth to develop responsibility while learning new skill, making new friends and having a good time.
2. **Environmental Education** which provides the opportunity to experience nature through a variety of hands -on activities as part of school sponsored trips to camp.
3. **Leadership Programs** which allow middle and high school students to develop communication, cooperation and leadership skills.
4. **Family Camping Programs** which enables families to reconnect with each other and to develop new friendships. Last year the single parent camp was very successful with various sessions to help them cope with raising a family.
5. **World Camp** this year will bring bring together 250 teen participants from around the world to spend two weeks in Hawaii, learning and sharing about each other's cultures and working to gain a greater level of global understanding.

Happenings

MARCH

12 **Membership Meeting:** 6:30 p.m., Kalihi YMCA. Dinner Hosts: Tom Kusatsu, Phi & Mei-Chih Chun

31 **Deadline for Regional Convention Registration**

APRIL

28 **Casino Night:** Will and Sally Wong's Home

MAY

17 **Endowment Dinner:** Japanese Cultural Center, 6 p.m. \$26 per person

18-20

Hawaiian Region Convention:
Pagoda Hotel

Celebrations

HAPPY BIRTHDAY!

MAR 12 Tony Pfaltzgraff

22 Anna Lacuesta

24 Tom Kusatsu

HAPPY ANNIVERSARY!

MAR 4 Tony Pfaltzgraff and Charlene Young

24 Bev and Dick Wong

6. **Camper Scholarships** which are used to help fun the cost of camp for underprivileged students who would not otherwise be able to attend camp with their school. Last year it was decided to provide full scholarships for a whole Leeward Oahu fifth grade class to attend camp for three days.

Continued on page 3

Kalihi YMCA News

By Tony Pfaltzgraft, Kalihi YMCA Co-Executive Director

The Kalihi YMCA recently finished the first year of running the federally funded Rural Youth Crime Prevention (RYCP) program. We are proud of what has been accomplished over the last twelve months, particularly as this grant, at \$3,000,000 a year, was the largest grant we ever had to plan and implement. The primary target of this grant is middle school students in Waialua, Wahiawa, Waipahu and Waianae, but we also work with 5th and 6th graders in some communities. Here are just a few highlights of what was accomplished:

- More than 2000 children and teens took part in the program; 1400 of

whom had 5 or more contacts with our staff.

- 5th and 6th graders at Kamaile Elementary in Waianae took part in the program when school was not in session. Kamaile serves the largest percentage of homeless children of any DOE school.
- 365 youth took part in the YMCA "Challenge Program" at Camp Erdman as part of their involvement in RYCP. This course is designed to teach teens life skills that can help them lead more productive lives. The program involves 2 full weekends at Camp Erdman, participation in team building activities on Camp's new Odyssey course and 12 weeks of intensive after school programs.

I'm happy to report that we have raised over \$83,000 so far in our ASC campaign. We are about 73% of the way towards our goal of \$115,000. Please call all your cards. Our next report meeting is a drop off report on March 7th. The Victory Dinner is on March 24th, 6 p.m. at the Kalihi YMCA. I hope to see as many of you as possible there. For those of you working on the campaign we'll be giving a grand prize away to volunteers that night including a round trip ticket for one person any where in the USA! ▼

INTERNATIONAL NEWS

V.S. Bashir, who served as the India Area President in 2006-07, has been elected as the new International President Elect for 2007-08. A structural Engineer, he has been a Y's Man for 34 years, serving in various capacities during this period. ▼

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WAYNE KIM'S SON, Robert, was sent to the Middle East again, this time to Iraq. His previous assignments were in Afghanistan... **Bev and Dick Wong** are enjoying a 3-week cruise "Down Under" to celebrate their 50th wedding anniversary, while **Phil and Mei-Chih Chun** returned from celebrating their 47th wedding anniversary in Las Vegas, a little poorer but rested... **Sunny Young** is nearing his goal of raising \$5,000 for Camp Branch in their Annual Support Campaign. With a few more calls to make, Sunny has raised \$4,855. A great effort, Sunny! ... **Kristi Paul**, who has been on the Nuuanu YMCA Branch for many years, has been appointed the new Branch Executive of Kaimuki YMCA, replacing **Nelson Higa** who has decided to leave Y work. **John White**, Executive at the Atherton Branch, has also resigned his position... ▼

METRO DISTRICT NEWS

Metro District Governor Rick Lau has announced that there will be two more meetings this program year. The next will be on Wednesday, February 28 at 6 p.m. at the Kalihi YMCA. Windward will provide the dinner. The annual District Conference will be on Wednesday, April 25, 2007. Clubs may present resolutions to be considered at the Regional Convention. Metro District Governor Rick Lau has announced that there will be two more meetings this program year. The next will be on Wednesday, February 28, 6 p.m. at the Kalihi YMCA. Windward will provide the dinner. The annual District Conference will be on Wednesday, April 25, 2007. Clubs may present resolutions to be considered at the Regional Convention. ▼

THOUGHT OF THE DAY

Today Is the Very First Day of the Rest of My Life

This is the beginning of a new day. God has given me this day to use as I will.

I can waste it...or use it for good, but what I do today is important because I am exchanging a day of my life for it!

When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it.

I want it to be gain, not loss; good and not evil; success, and not failure; in order that I shall not regret the price that I have paid for it. I will try just for today, for you never fail until you stop trying.

— Anonymous

Club Meeting Notes

The annual club **Casino Night** was scheduled for Saturday, April 28 at Sally and Wilfred Wong's home. ■ Members were asked to think about next year's officers, as nominations will be made at the next meeting. Dan volunteered to be Treasurer. ■ The Y's Men's & Women's ASC team were represented at the first report meeting on February 7 by Dick Wong, Phil and Mei-Chih Chun, and Tony Pfaltzgraff. With only 3 members reporting, the team reported over \$8,000. The Branch total was about \$35,000 with an additional \$30,000 in major gifts from the Wong Foundation. ■ Dan will be the club's official delegate to the Regional

Convention. More members are urged to attend, as our District are the hosts. Members were also reminded to help with the hospitality duties on Friday and Saturday nights, as well as signing up for the dinners on those nights. The deadline for registration is very soon, on March 31. ■ The club has not heard from Kauluwela School regarding the new date for the parking lot painting. ▼

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!

CORN SYRUP—it's absolutely everywhere, and it's making you **FAT!!!**

Here's Why: High-fructose corn syrup (HFCS), used to sweeten everything from the obvious (soft drinks) to the obscure (ketchup, salad dressing, bread), can trip up digestive system hormones that control hunger and appetite. The end result: Your brain misses out on hormone messages that signal a full stomach. Start reading labels and see if you can cut back on the 63 pounds of HFCS most people consume each year. HFCS is used in food processing because it's cheaper than sugar.

Your digestive system has two main hormones that control hunger and

appetite. Ghrelin is secreted by the stomach and increases your appetite. When your stomach's empty, it sends ghrelin out, requesting food. Leptin tells your brain that you're full. HFCS inhibits leptin secretion, so you never get the message that you're full. And HFCS never shuts off ghrelin, so even though you have food in your stomach, you constantly get the message that you're hungry.

That's the physiology behind a theory gaining a lot of ground—the theory that our increasing consumption of HFCS is one of many elements at play in America's obesity epidemic.

— *RealAge*

Camp Erdman (cont'd from page 1)

7. **Camp Development** which is to maintain and improve the facilities. The harsh ocean front and salt air accelerates the deterioration of the facilities.

Editor's Note: For those who wish to contribute to Camp's support, call Sunny at 486-5070 or e-mail at sunyaiea@yahoo.com.

LAUGH A LITTLE, LIVE LONGER

√Applied (Ma+hematics)

Romance Mathematics

Smart man + smart woman = romance
Smart man + dumb woman = affair
Dumb man + smart woman = marriage
Dumb man + dumb woman = pregnancy

Office Arithmetic

Smart boss + smart employee = profit
Smart boss + dumb employee = production
Dumb boss + smart employee = promotion
Dumb boss + dumb employee = overtime

Shopping Math

A man will pay \$2 for a \$1 item he needs.
A woman will pay \$1 for a \$2 item that she doesn't need.

General Equations & Statistics

A woman worries about the future until she gets a husband
A man never worries about the future until he gets a wife.
A successful man is one who makes more money than his wife can spend
A successful woman is one who can find such a man.

Happiness

To be happy with a man, you must understand him a lot and love him a little.
To be happy with a woman, you must love her a lot and not try to understand her at all.

CORRECTION

The caption accompanying the photo recognizing the International Committee officers in last month's issue incorrectly identified the couple on the far right as Herr Klaus Dietzel and his wife. They are actually Y's Dom's Secretary General Rolando Dalmas and his wife. We apologize for the error. ▼

FYI is a publication of the Kalihi Y's Men Club, Chartered on January 19, 1991.

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