



"To Acknowledge the Duty that Accompany Every Right"

Casino Night Raises \$330



Starting by throwing three straight 7s, Charlene Young helped "break the bank" with her "golden arm" performance, holding on to the dice for 45 minutes at the annual Y's Men and Women's Casino Night. Meanwhile hubby Tony Pfaltzgraff lost all his money to card shark Dick Wong at the poker table. Eddie and Liane Miwa also had strong performances at the crap

table, while prexy and Casino Night chair had the shortest time with the dice, throwing craps in his first roll.

Auctioneers Tony Pfaltzgraff and Eddie Miwa led a sometimes spirited bidding on some of the donated items, which included ceramic and glassware, assorted bags, a camera tripod, a golf bag, and assorted kitchen items.

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Happenings

MAY

- 12 **Yard Cleaning Project:** Naomi Morikawa, 4651 Likini St.
- 14 **Membership Meeting:** 6:30 p.m. Kalihi YMCA. Dinner Hosts: Dick, Bev, and Tony.
- 17 **Endowment Dinner:** 6:00 p.m., Japanese Cultural Center.

Hawaii Region Convention

Ce'st Si Bon Room, Pagoda Hotel

18 Friday:

- 4:00 p.m. Outgoing Cabinet Mtg
- 5:00 p.m. First Business Session
- 7:30 p.m. Welcome Dinner
- 10:00 p.m. Hospitality/Casino Night

19 Saturday:

- 8:00 a.m. Second Business Mtg.
- 10:00 a.m. Academy Speaker
- 11:30 a.m. Awards Luncheon
- 2:15 p.m. Academy: Community Involvement
- 7:00 p.m. Installation Dinner
- 9:30 p.m. Hospitality/Karaoke

20 Sunday:

- 8:30 a.m. Devotional
- 9:00 a.m. Brunch
- 10:30 a.m. Convention Wrap-up
- 11 a.m. Incoming Cabinet Mtg

Celebrations

HAPPY BIRTHDAY!

- MAY 19 Jason Miwa
- 25 Ray Takeshita
- 27 Gary Ogata
- 30 Kumajiro Mori (Sapporo)

HAPPY ANNIVERSARY!

- MAY 6 Josh & Courtney Heimowitz
- 19 Eddie & Liane Miwa

Thoughts for Today

Personal growth is a process of trial and error. Each day we have the opportunity to learn lessons. There are no mistakes in life, just lessons designed to make us better, not bitter. The only permanent thing we face in life is constant change. Change offers both uncertainty and opportunity. How we manage ourselves will make all the difference in viewing change as an

opportunity that can create a climate of personal growth and satisfying results.

Some quotes to live by:

- "Who you are and how you act conveys more about you than anything you will ever say."
- "It is a funny thing about life; if you refuse to accept anything but the best, you often get it."

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We received word last week that the Friend of Hawaii Charities (Sony Open) will be donating \$17,000 to our 2007 Annual Support Campaign. That means we have gone over our goal of \$115,000!!! This is great news for the staff running our School Out program. The program provides after school activities to teens in the Kalihi-Palama

area from Monday to Saturday each week. We recently added a component to the program that teaches teens how to operate equipment at dances and school events. All of the activities we offer have a cost associated with them, but there is no way we can pass the costs on to the teens. That is why it is critical we have a successful ASC campaign: the money from the campaign

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Here's To Your Health!

Three foods your arteries can't get enough of: onions, parsley and celery. Whether you add them to soups, relish dishes, sandwiches or salads, improving your arteries may be as simple as munching on these flavor boosters. People who eat more flavanoid—rich veggies like these cut their risk of hardening of the arteries—especially in the legs— in half.

Cashews improve baroreflex sensitivity. Fancy way of saying that when your blood pressure rises, cashews tell your heart to calm down.

Diets that contain ample amounts of C,E, Betacarotene and Zinc are associated with greatly reduced risk of age

related macular degeneration—an eye disease that is common with aging and can lead to blindness. Good sources of these nutrients are fresh produce, nuts, fortified cereals and supplements.

Giving is better than receiving. Acts of kindness such as serving meals at a homeless shelter, running to a pharmacy for a sick friend, or lending emotional support to a significant other, may help people live longer, a recent study concluded.

Taking care of your emotional health and well-being can make your Real Age up to 16 years younger.

— *RealAge*

Casino Night *(continued from page 1)*

A great Mahalo to all who came and participated in the event. Not only did everyone bring food, but also contributed \$10 each, donated auction items and then spent more money on purchasing the items. Participating were Wayne and Majorie Kim, Dan and Ethel Takamatsu, Eddie and Liane Miwa, Tony Pfaltzgraff and Charlene Young, Dick and Bev Wong, Phil

Chun, and hosts Will and Sally Wong, and son Joey, granddaughter Christian. Their other son Chris and his friends joined the group near the end of the evening. Also present were Sally and Will's guests, Paul and Carol Ann Fung.

Much Thanks to Will and Sally Wong for hosting the event at their home again. ▼

ADELE TANAKA suffered a heart attack and was hospitalized several days, and now is recovering at home...**Gary and Paulette Ogata** will be attending the graduation of son **Garett** from the California Maritime Academy, and will miss the Casino Night. ... **The Sunny Youngs** will be visiting national parks in the East Coast from April 30-May 16 with another couple...**Bev and Dick Wong** returned from a trip to Seattle to visit relatives and the next day went to visit **Mei-Chih Chun** at Kuakini hospital, where she's recovering from another stroke, the second in four months... The Kalihi YMCA, State of Hawaii and Okinawa lost a great friend and supporter, when **Akira Sakima** passed away earlier this month. Akira was a staunch supporter of the Kalihi Y, where his son, now a physician, was an active member of a Hi-Y club. Akira served as a SME campaign volunteer for many years. He was active in the Church of Latter Day Saints, served as a Representative in the State Legislature, as well as numerous community groups. He also served as campaign chairman for Phil Chun's daughter Susie Chun Oakland for several years. ▼

Thoughts *(continued from page 1)*

- “We think of success and failure as opposites, yet they are not. Without experiencing failure, how could we experience the exuberance of success. They are necessary experiences to help us appreciate our investment in ourselves and in life.”
- “The highest compliment anyone can give another human being is to expect the very best of them—because you have such faith in them.”

From *Ain't Life an Artichoke?* by Dr. Linda Andrade Wheeler.

Club Meeting Notes

After a very delicious 7 course dinner at the Wah Kung Restaurant in Mapunapuna, hosted by Dan Takamatsu, members presented persuaded Dan to continue as President for another year. Everyone agreed that Dan has done an excellent job, and should continue. It was also agreed that Sally Wong be asked to serve as Vice President. Eddie Miwa agreed to serve as Secretary again and Dick Wong agreed to take on the Treasurer's job again. ■ Dan and Tony Pfaltzgraff thanked the Y's Men's team members for their

METRO DISTRICT NEWS

The last District Council of the year called by DG Rick Lau was also supposed to be the annual District Conference. Final plans for hosting the Regional Convention were set, with speakers for the Academy confirmed. with Barbara Pleadwell of the firm Hastings and Pleadwell for the Membership through Public Relations workshop, Maile Kanemaru, Central YMCA Exec/Weed & Seed Dir., for workshop on club and community service; and John White, Project manager of Saint Consulting Group, for workshop on Working with young adults. Our Kalihi club will be in charge of the Y's Guys on Friday night, while West Oahu will be responsible for the Saturday night dinner.

The District agreed to subsidize the cost of the DG's travel to a mainland meeting. The Region's Draft Guidelines were accepted. ▼

REGIONAL NEWS

RD Phil Sammer has sent out his thoughts in "Talking Points" regarding the hosting of future Regional Conventions. This will generate some needed participation in the discussion of our Region's future. ▼

efforts in raising over \$11,000 during the ASC campaign. The Branch has raised over \$98,000 to date and hopes to receive a major gift from the Sony open, which will help reach the goal of \$115,000. Camp Branch has raised about \$63,000 of their goal. ■ Members signed up to help with the hospitality nights at the Regional convention. The club has received notice that \$300 has been budgeted for expenses from the convention committee. Dan reported that he has never received minutes of the planning meetings. The Kalihi club was asked to take care of Y's Guy's duties on Friday, May 18, dinner. Members felt however, that Friday would not be the best time, since it will be followed by the casino nite and auction. ■ Club officers, including Golden Book nominee, Dick Wong will attend the Endowment Fund dinner on Thursday, May 17. The club will pay expenses. ■ Dan will send out food assignments by e-mail and phone for the Casino Night. ■ Bev and Dick Wong reported that their neighbor, Naomi Morikawa, asked that the club clean up her back yard again. It was agreed that we could help on Saturday, May 12. ■ Tony reported that the annual Y golf tournament will be held on Friday, May 18. ■ RD Phil Sammer has appealed to the club for someone to serve as the Regional Secretary/Treasurer. ▼

KY News *(cont'd from p. 2)*

helps to offset the costs of our School Out program and other non revenue producing Branch programs. May 18th is the date for our 20th Annual Kalihi YMCA Golf Tournament. Staff is hard at work getting all the little details ironed out for a successful tournament. Last year we managed to net over \$30,000, and we certainly hope to do as well again this year. ▼

LAUGH A LITTLE, LIVE LONGER

Wife Fell Out On a rural road a state trooper pulled this farmer over and said: "Sir, do you realize your wife fell out of the car several miles back?"

To which the farmer replied: "Thank God. I thought I had gone deaf."

"Crushed Nuts?" A little old man shuffled slowly into the "Orange Dipper", an ice cream parlor and pulled himself slowly, painfully up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, "crushed nuts?" "No" he replied, "arthritis".

Are You Really Sure? A blind guy on a bar stool shouts to the bartender, "Wanna hear a blonde joke?"

In a hushed voice, the guy next to him says, "Before you tell that joke, you should know something."

"Our bartender is blonde, the bouncer is blonde. I'm a 6' tall, 200 lb. black belt. The guy sitting next to me is 6'2", weighs 225, and he's a rugby player. The fella to your right is 6'5" pushing 300 and he's a wrestler. Each one of us is a blonde. Think about it, mister. Do you still wanna tell that joke?"

The blind guy says, "Nah, not if I'm gonna have to explain it five times."

— ARCA Max Joke Newsletter

Laughing can often make your real age up to 8 years younger. Laughter relaxes blood vessels and increases blood flow —the exact opposite of what blood vessels do when you are stressed. **Real Age**

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

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