

71st Regional Convention Held at Pagoda Hotel



Bev Wong, and dan Takamatsu prepare snacks for hospitality hour, while Linda Chung (West Oahu) looks on.

See story on page 2

Kalihi YMCA News

By Tony Pfaltzgraff, Kalihi YMCA Co-Executive Director

One hundred fifty-six golfers took part in the Kalihi YMCA 20th Annual Golf Tournament on May 18th. With this large playing field, and with an expanded group of sponsors, we managed to net close to \$35,000 for the event. Sally and Will Wong, Phil and Mei Chih Chun and Tom Kusatsu helped to register golfers for the tournament. Dan Takamatsu again donated \$100 to the hole-in-one prize he has been donating to for a number of years.

The prize now stands at \$700 for anyone who gets a hole-in-one. Many thanks to club members for helping get the day off on such a positive note.

On May 19th, a group of twenty five Board members, staff and teens took part in Hawaii Hotel Visitor Industry Charity Walk (VICW). The visitor industry annually raises money during this event to support non profits throughout Hawaii. An agency that wants to receive a grant from the Hawaii
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Happenings

JUNE

- 7 Last Day School
- 11 Membership Meeting: 6:30 p.m.
Kalihi YMCA. Dinner Hosts:
Eddie Miwa, Sally Wong, Sunny Young

Celebrations

HAPPY BIRTHDAY!

- JUN 15 Eddie Miwa
- 17 Ethel Takamatsu
- 29 David Ogata
- 30 Garrett Ogata

HAPPY ANNIVERSARY!

- JUN 19 Eddie & Liane Miwa

Thought for Today

Bad things happen, but usually we do not feel their effects on us forever. Your disappointments are important and serious, but your distress will pass and your life will take you in new directions. Give yourself some time.

Studies of thousands of Americans show that happy people are not immune to negative events. Instead they are characterized by the ability to think about other things in the aftermath of negative events. — *Bless, Clore, Schwarz and Golisano, 1996*



Dan's Hole In One donations have gone unclaimed for six years.

Annual Y Golf Tournament Nets \$35,000

KY News (cont'd from page 1)

The annual **Kalihi YMCA Endowment Golf Tournament** had its highest participation in many years, with 160 golfers registered. Kalihi Y may raise close to \$35,000 for this event, with proceeds going to its Endowment Fund. Started 20 years ago, the tournament was raising only about \$10,000 a year, until current tournament chair, Vincent Kimura, an executive with KYO-YA took over two years ago. Since then the event has raised over \$30,000 a year. Playing in this year's tournament was Y's Man Josh Heimowitz. Other Y's Men from other clubs



who normally participate could not do so this year because the Regional Convention was held the same time. Helping out with the setting up and registration process were Tom Kusatsu, Sally and Will Wong, and Phil and Mei-Chih Chun. Dan Takamatsu donated his annual \$100 as prize money for the Hole In One contest. Since no one has won during the past 6 years, the prize has accumulated to \$700 for the next year. ▼

Tom Kusatsu helps out with the golf registration process.

Hotel Association must help raise money for the VICW by walking or helping in some other way during the event. Victor Kimura, the honorary chair of the Kalihi YMCA golf tournament, works in the visitor industry and has asked us to apply for a grant through the Hawaii Hotel Association to support our "School's Out" program for teens in Kalihi.

As you can see, between golf and other fundraising events, we've been kept busy at the Branch. The next big push for us will be to open our summer fun programs on June 12. That should keep us going for a while even though summer is now down to only six weeks! ▼

71st Hawaii Regional Convention

More convention photos on page 5.

Kalihi Y's Man Eddie Miwa's performance as Y's Guy should certainly be listed as one of the highlights of the 71st Hawaiian Region Convention. He did a masterful job in allowing the audience to become involved and entertained. Eddie, who was the reluctant volunteer given this assignment by the club, showed off his hidden talents. This was attested to by Bev and Dick Wong, Sally Wong and Dan and Ethel Takamatsu, who attended the Friday night dinner at the Pagoda.

This year's Convention included Brother club participants from Japan, which helped to provide more interest among Hawaiian delegates. Past U.S. Area President Donna Ward was also present. The Academy program planned by Sharon Ishida and Linda Chung provided a meaningful educational experience and lots of amenities provided by several Metro clubs added much to this year's convention.

The Convention approved new family membership policies and the new leadership guidelines developed by Past RD Paul Kuromoto. Rick Lau, the past year's Metro DG and Central club member, was elected at the Regional Director Elect. Champ Ono, East Kauai member, and Russ Lynch, Windward member, will serve as the new District Governors. Phil Chun will be the Metro Lt. Governor.

The most urgent matter facing the Hawaiian Region was the matter of hosting the annual Convention. After much discussion about the site of next year's convention, Maui agreed to host the event, provided all the clubs in the Region agree to assume part of the planning responsibilities. There was much concern about the ability of neighbor island clubs to host conventions since

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Club members pose with Donna Ward, U.S. Area past president. (L-R): Bev Wong, Ethel and Dan Takamatsu, Sally Wong, Donna Ward, Wayne Kim, and Dick Wong.



CONGRATULATIONS TO **DONNA SHULZE**, East Kauai member, who has been selected as the Boots Fabian Award winner for 2007. This award is given to the YMCA staff, active or retired, who has done the most for Y's Dom during the past year. She will receive a free trip to the U.S. Area Convention in Charleston in June to receive the award... Congratulations also to Gary Ogata's son, **Kenny**, who completed his freshman year at Illinois Institute of Technology in Chicago. He not only played outstanding soccer for his college team, but had a 4.0 point average in his school work. He is majoring in Chemical Engineering... **Greg Lee** has his hands full as his mother fell and broke her hip and is now hospitalized at Kaiser Hospital. His wife, **Iris**, is also ill, and has been battling the flu bug for three weeks... **Adele and Carl Tanaka** had to cancel out from attending last month's Casino night, as Adele caught cold. Adele had a coronary heart spasm several weeks ago. The spasm

made her artery narrow, so blood and oxygen could not reach her heart. Doctors could not say if this will happen again. She's back to work, but still has good and bad days. Her resistance is still low so she catches cold easily... **Dan Takamatsu, Eddie Miwa and Bev Wong** were on hand to see **Dick Wong** receive the Golden Book Award at the Endowment Fund Dinner the night before the Convention began... **Sunny Young** just returned from their East Coast trip, where Sunny says he played tourist, visiting national parks with friends and even stayed at a military base for two nights... **Dan and Ethel Takamatsu** were lucky enough to come back from their Las Vegas trip with all of their "play money", and they were off again on another trip after the convention, this time to Europe, with Ethel's sister and her husband. Dick and Bev Wong also went on an island cruise after the Regional Convention. ▼

Club Officers for 2007–08 Elected

The Kalihi Y's Men's and Women's Club will again be led by Dan Takamatsu as president for a third term. Sally Wong will be Vice-President, while Eddie Miwa will be club secretary, also for a third

consecutive year. Dick Wong will be the Treasurer.

Much thanks to these individuals for taking on the leadership responsibilities for the club for the coming year.

Club	Club Presidents	Members	
		Reg.	Youth
Central	Reggie Takaki	10	
East Kauai	Tom Tannery	17	
Hilo	Thayer Nakamoto	26	1
Kaimuki	Brad Ishida	18	2
Maui	Donna Jones	4	1
Nuuanu	James Chong	15	
West Oahu	Walter Osakoda	12	

Club Members Continue to Maintain Yard

Kalihi Y's Men and Women responded to the request of Bev and Dick Wong's neighbor, Naomi Morikawa, for help in cleaning her back yard again. However the growth was not as bad as the last time, so the job took only about 2.5 hours to complete. Since her husband became ill, Mrs. Morikawa has not been able to maintain the back terraced section of her back yard. Much thanks to those who came out to trim the trees, and pull out all the grass and weeds: Dan Takamatsu, Bev and Dick Wong, Willie Wong, Phil Chun, and Wayne Kim, who came despite a sore back, caused by a fall off a ladder at home. Mei-Chih Chun also came along to give moral support. Mrs. Morikawa says she will continue to have the club help maintain her yard. ▼



Bev Wong digs up weeds at her neighbor's yard.

INTERNATIONAL NEWS

The Hawaiian Region held its Brother Club Assembly on Monday, May 21 at the Ilima Hotel. Most of the attendees also participated in the Hawaiian Region Convention just prior to the Assembly. The Kalihi Brother club's new president, Junji Takasugi, sent a message that the Sapporo-kita club would not be attending. ▼

Club Meeting Notes

Dan reported that he and Tony are still trying to resolve the club members' payment transfers to the YMCA for their ASC pledges. The club will also pay its pledge to the Y for the Capital Fund. With \$260 raised from the yard cleaning project and \$330 from the Casino Nite, the club treasury has over \$3,000 balance. ■ The annual Kalihi Y Endowment Fund Golf Tournament was held on Friday, May 18 at the Pearl Country Club. Several members were assisting. The Regional Convention began on the same day. Eddie Miwa handled the Y's Guy's duties during the Welcome Dinner. Dan secured the paper goods and got some of the packaged snacks. Dan asked members to

donate items for the Auction. ■ Eddie and Dan joined Bev and Dick at the Endowment Fund dinner on Thursday night at the Japanese Cultural Center, where Dick received the Golden Book Award. ■ Tony Pfaltzgraff announced that the Kalihi Y has gone over the ASC Goal of \$115,000 this year, with over \$117,000 raised to date. This is welcome news, as the Branch's funding from the State has been reduced. It was also announced that a new A+ school site, Lanakila, has been secured, starting in August. ■ The club will be getting registration forms to help with the Taste of Honolulu Project, which will have new sponsors this year. ▼

Convention *(cont'd from page 2)*

there is only one club each on Hawaii, Kauai and Maui. RD Phil Sammer will be appointing a special task force to review this problem and to come up with recommendations for next year.

Much thanks to delegation leader Dan Takamatsu and Ethel for taking the

lead in coordinating the Convention Hospitality. Helping out were convention delegates Bev and Dick Wong, Sally Wong, Eddie Miwa and Phil Chun. Also helping with the hospitality was Wayne Kim, while Mei Chih Chun attended the Saturday banquet. ▼

Here's To Your Health!

Bacteria in the Mouth and Gum Disease When diabetics develop periodontal disease, their sugar control worsens, as does the rate of complications from the disease, such as nerve damage and kidney disease. Treating periodontal disease reduces blood sugar significantly. Scientific literature also shows that people with periodontal disease tend to have higher blood pressure

and a greater risk of stroke.

To reduce your risk of periodontal disease, floss and brush your teeth twice a day.

Use the best toothbrush. Power brushes are more effective than hand brushes. See your dentist regularly, and try Omega-3s to help decrease inflammation.

— *From Bottom Line Personal*

**LAUGH A LITTLE,
LIVE LONGER**

Water in the Carburetor

Wife: There's trouble with the car.

It has water in the carburetor.

Husband: Water in the carburetor? That's ridiculous.

Wife: I tell you the car has water in the carburetor.

Husband: You don't even know what a carburetor is. I'll check it out. Where's the car?

Wife: In the pool.

Memory School

Two elderly gentlemen were playing cards. Gus, the elder, had been having problems remembering what cards were what, and usually needed help from his wife. At the end of the card game Red said to Gus, "You did very good tonight. You didn't need any help at all. Why is that?"

Gus replied, "Why ever since my wife sent me to that memory school, I haven't had any problems at all."

"Memory School? What memory School?"

Gus thought for a moment, "Oh, what's that flower that's red with thorns? A really pretty flower..."

"A rose?" answered Red

"Yeah, that's it!" Gus turned to his wife and yelled, "Hey, Rose! What's the name of that memory school you sent me to?"

— ARCA Max Joke Newsletter

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

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71st Hawaii Regional Convention

May 18–20, 2007

Ces't Ci Bon Room, Pagoda Hotel



(1) Incoming Metro D.G. Russ Lynch with Ken Kadomoto. (2) Y's guy Eddie Miwa. (3) Golden Book award winner Dick Wong. (4) Central Club President Reggie Takaki. (5) Windward Y's Man Jimmy Kanehira. (6) Convention Chair Ray Seto. (7) Regional Secretary and Treasurer Fred Tamasaka from Maui. (8) Ethel and Dan Takamatsu display a Mahalo card from R.D. Phil Sammer. (9) Enjoying snacks were R.D. Phil Sammer, Kaimuki's Phyllis Seto, and Japanese Brother Club member. (10) Larry and Mae Hiranaka of Nuuanu stopped by to give best wishes to Mei-Chih Chun.

