



"To Acknowledge the Duty that Accompany Every Right"

Regional Leadership for 2007-08

Thanks to all the following members for taking leadership roles for the coming year!

Regional Director

Phil Sammer, Central Club

Regional Director Elect

Rick Lau, Central Club

Secretary Treasurer

Fred Tamasaka, Maui Club

Metro District Governor

Russ Lynch, Windward Club

Metro Lt. D.G.

Phil Chun, Kalihi Club

Orchid-Valley-Garden D.G.

Champ Ono

SERVICE DIRECTORS

ASF/DFS

Larry Hiranaka, Nuuanu

Awards

Paul Kuromoto, Kaimuki

Brother Clubs

Bob Martin and Masayo Nakagawa, Kaimuki

Brotherhood Fund

Phyllis Seto, Kaimuki

Bulletin Editor

Phil Sammer

Christian Emphasis

Joni Neel, Hilo

Community Service

Reggie Takaki, Central

Endowment

Brad Ishida, Kaimuki

Extension

Gary Bautista, Central

Historian

Joe-Ann McCarthy, Windward

Membership and Conservation

Duke Chung, West Oahu

Public Relations

Donna Schulze, East Kauai

Time of Fast

Phil Chun, Kalihi

Training

Naomi Aimoto, Nuuanu and Paul Kuromoto, Kaimuki

Travel Coordinator

Ray Seto, Kaimuki

Webmaster

Russ Lynch, Windward

YMCA Liason

Tom Tannery, East Kauai

YMCA Service

Jennie Yukimura, East Kauai

Youth Service

Lisa Joy Andres, Kaimuki

Youth Rep

Makena Liu, Windward

Happenings

JULY

- 9 No meeting (combined with June 25th meeting).
- 13 Kalihi YMCA Summer Fun Carnival. Work shifts: 3-9 p.m.

AUGUST

- 11 Annual After Summer YMCA Clean Up Day, 8:30 a.m. - noon.
- 13 Membership Meeting, 6:30 p.m. Dinner hosts: Dan Takamatsu, Tony P., Greg Lee, Tom Kusatsu.

Celebrations

HAPPY BIRTHDAY!

- JUL 2 Wilfred Wong
- 17 Mike Lacuesta
- 19 Carl Tanaka
- 20 Adele Tanaka
- 31 Marcus Tanaka

HAPPY ANNIVERSARY!

- JUL 27 Wayne & Marjorie Kim

Kalihi YMCA Summer Fun Carnival Friday, July 13, 2007

Everyone's help is needed.
Please sign up for 2 hour shifts:

- 3:00 p.m. - 5:00 p.m.*
- 5:00 p.m. - 7:00 p.m.
- 7:00 p.m. - 9:00 p.m.

*First shift to price items and set up in Teen Lounge.

Call or E-mail Tony Pfaltzgraff to sign up.

Please secure donations for Country Store: produce, plants, white elephant items, clothing, toys, etc.

Kalihi YMCA News

By Tony Pfaltzgraff, Kalihi YMCA Co-Executive Director

Summer is in full swing with programs for children here at the Branch, at Alvah Scott Elementary and at Moanalua District Park. Our childcare staff continues to work hard to offer affordable, high quality summer programs to families in the community. This summer we have been able to use the Kalihi Valley and Aiea District park pools for recreational swim for the first

time in almost four years. This summer, it feels like we've finally settled back into Branch and are able to expand on what we are able to provide to our Summer Fun participants.

One challenge for our Summer Fun program has been to get hold of an outdoor play space for the children. There was a period where we were able to use Kapalama Elementary. This worked well

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HAWAII DISTRICT NEWS

DG Russ Lynch is planning to hold District meetings at various YMCA facilities and to have programs at meetings to acquaint council members with various YMCA programs. ▼

HAWAII REGION NEWS

RD Phil Sammer will be appointing a special committee to come up with recommendations on how best to operate future Regional Conventions. It has been increasingly difficult for neighbor island clubs, with only one club on each island, to plan and conduct the Convention. Maui, with only four members, will coordinate the next convention, but will require the help of all clubs in the Region to do the job. Concerns also center around the financing of the convention. The Committee is expected to come up with recommendations to be acted upon next year. ▼

U.S. AREA NEWS

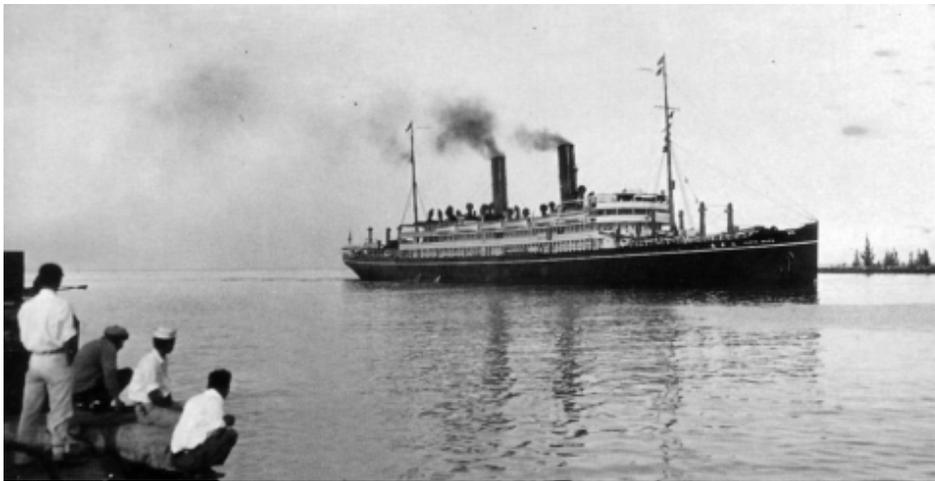
The U.S. Area Convention will be held in Charleston, South Carolina, July 13-15. RD Phil Sammer, Ray and Phyllis Seto, and Donna Schulze from the Hawaiian Region will be attending. Donna will be receiving an award for the YMCA staff member, active or retired, who has done the most for the Y's Men's movement during the year. ▼

INTERNATIONAL NEWS

The International Convention held in alternating years with the Area Conventions, will take place in Herning, Denmark. It is a small town so the nearest airport will be Copenhagen. The Convention will be held July 31-August 2, 2008. ▼

THE KALIHI CLUB received Regional Awards of Excellence in the program areas of YMCA Service, World Service and Club Bulletin... Wayne Kim and Gary Ogata will both be in Las Vegas the same weekend in June. Gary will be watching son Kenny play in a soccer tournament... Meanwhile Sunny will also be off to the mainland about the same time... Sally and Willie Wong will be taking the Inter-island cruise on the Pride of Aloha, along with children and grand children... Eddie Miwa attended his cousin's son's High School graduation in California... Dan and Ethel Takamatsu returned home from a trip to Europe to discover that the June meeting had to be cancelled, as the Y was closed for the Kamehameha Day Holiday... Tony was

also on a trip to the Big Island... Ray Takeshita just returned from Japan where he received training as a teacher for his church. He has become an extremely active volunteer, and is now an assistant minister, teacher, director of the men's group and chairman of the upcoming Bon Festival. Ray and Joann are looking for a new residence, as his current residence has become unavailable. Ray's e-mail address is: raytakeshita@hawaii.rr.com... Dave Shiroma, former owner of the KSC Service Station in Kalihi Shopping Center, and long time Kalihi YMCA Board Member, passed away this month. Dave did much to provide part-time jobs for YMCA youths and also referred youths to the YMCA for Summer jobs... ▼



Travel in a bygone era: the S.S. Tenyu Maru, pulls into Honolulu Harbor while men watch from the docks, 1932. [Hawaiian Yesterdays, p. 67, Mutual Publishing Company]

Membership Dues and Program Contributions Table

Dues (per member)	International Program Contributions (per member)
International \$29.50	Alexander Scholarship Fund \$ 5.00
U.S. Area 16.00	Dollars for Scholars 10.00
Hawaii Region 29.50	Brotherhood Fund 12.50
Club 24.00-50.00	Endowment Fund (per club) 100.00
	Time of Fast 12.00

LAUGH A LITTLE, LIVE LONGER

Notes To a Rural Milkman

“Dear Milkman, I’ve just had a baby, please leave another one.”
“Please leave an extra pint of paralysed milk.”

“Please don’t leave any more milk. All they do is drink it.”
“Milkman please close the gate behind you because the birds keep pecking the tops off the milk.”

“Sorry not to have paid your bill before, but my wife had a baby and I’ve been carrying it around in my pocket for weeks.”
“Sorry about yesterdays note. I didn’t mean one egg and a dozen pints, but the other way round.”

“When you leave my milk knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.”

“Please knock. My television’s broken down and I missed last nights ‘Sopranos.’ If you saw it, will you tell me what happened.”

“My daughter says she wants a milkshake. Do you do it before you deliver or do I have to shake the bottle.”

“Please send me form for cheap milk, for I have a baby two months old and did not know about it until a neighbour told me.”

“Milk is needed for the baby. Father is unable to supply it.”
“From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don’t want any milk.

“My back door is open. Please put milk in fridge, get money out of cup in drawer and leave change on kitchen table, because we want to play bingo tonight.”

“Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday...or is it today?”

“When you come with the milk please put the coal on the boiler, let dog out and put newspaper inside the screen door. PS. Don’t leave any milk.”

“No milk. Please do not leave milk at No. 14 either as he is dead until further notice.”

— ARCA Max Jokes Newsletter

as the school grounds were large and the walk was not too difficult for the children. However, in recent years the school has not been open to our use of their space. This summer we negotiated with Bishop Museum to use their lot on the corner of Kalihi and Bernice streets. That space is actually closer than Kapalama Elementary, it has a couple of nice trees for shade and it is free! The Museum has certainly been a great neighbor for us since we moved back into our Branch. ▼



Milk bottle caps, or “pogs” from the early 1950s. Issued by Honolulu Dairymen’s Association, they were a favorite of local kids who saved them as game pieces. [Collection of Randall K.H. Chun]

Club Meeting Notes

The regular June meeting was moved from the second to fourth Monday because of the Kamehameha Day Holiday.

Reports were given on the Endowment Dinner and the Regional Convention. Maui will host next year's Convention, on the condition that all the clubs in the Region share responsibility for the planning. It was agreed that members who attended the Regional Convention would have the cost of meals and registration paid for by the club. It was also agreed that the president's or official representative's meal costs while representing the club on official District, Regional or other official events would be paid for by the club and also for his/her spouse.

Kalihi Y News—The Kalihi YMCA received about \$400,000 less grants from the State this fiscal year. However the ASC goal was met, the fitness program is growing, and a new A+ site, Lanakila School, was obtained. In a staff restructuring, Tony Pfaltzgraff will now be in charge of the Association's Community Development Service Area. He now oversees all Youth programs in all the YMCA branches, while Mike Doss, Nuuanu Executive will oversee adult fitness and other programs.

The club agreed to oversee the Summer Fun Country Store, which will be restored after several year's absence, since the old Y facility was torn down. Members agreed to make spam musubi and boiled peanuts, operate the shaved

ice concession, and will also help in securing donations of produce, plants, used clothes, and toys, and other items for the store. Members also agreed to help with the Food Booth.

The club set the date of the annual YMCA building clean up for Saturday, August 11, beginning at 8:30 a.m. Members will also help man he train stations at the Children & Youth Day at the State Capitol on Sunday, October 7. Members also agreed to develop a "Fruit Picking Project" with YMCA youths as its "Make A Difference Day" project in October.

There will be no meeting in July. ▼

Here's To Your Health!

Turmeric Eases Arthritis Pain A helping of curry could relieve your pain. That's because turmeric, a spice used in curry, contains curcumin, a powerful anti-inflammatory that works similarly to COX-2 inhibitors, drugs that reduce the COX-2 enzyme that causes the pain and swelling of arthritis.

Cinnamon Lowers Blood Sugar In a recent German study of type 2 diabetics, taking cinnamon extract daily successfully reduced blood sugar by about 10%. It might also lower cholesterol. Cinnamon packs a one-two punch for people with type 2 diabetes by reducing related heart risks. In another study of diabetics, it slashed cholesterol by 13% and triglycerides by 23%. To tame blood sugar, study subjects took 1 g capsules of standardized cinnamon extract daily, while those in the cholesterol study took 1 to 6 g. But keep in mind that a large amount of the actual spice can be dangerous, so stick with a water-soluble extract.

Use Rosemary to avoid carcinogens.

Frying, broiling, or grilling meats at high temperatures creates HCAs (heterocyclic amines) potent carcinogens implicated in several cancers. But HCA levels are significantly reduced when rosemary extract is mixed into beef before cooking, say Kansas State University researchers. Rosemary contains carnosol and rosmarinic acid, two powerful antioxidants that destroy the HCAs. Another method is to marinate in a mix that contains herbs such as ginger, garlic and turmeric. A study by the Cancer Research Center of Hawaii found that steaks bathed overnight in a garlic and turmeric marinade had 50% fewer harmful compounds when cooked for 15 minutes.

Dr. Roberta Lee, Continuum Center for Health and Healing at Beth Israel Medical Center, New York City.

Thought for Today

We thank thee, God, for the end of another day, with the good news that life is worth living. Help us to accept our baggage of aches and pains, of disabilities and angers, of frustration and defeats, for no one travels light. Show to us the joy of having work to do, the ability to do it, and the satisfaction of completing it.

We thank thee for the new things tried, for the confirmation that everyone has a vein of goodness, that listening is as rewarding as talking and for the turning of our faces to thee in prayer because thou art Father and we are thy children.
AMEN

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

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