



"To Acknowledge the Duty that Accompany Every Right"



Above (clockwise from left): **Eddie Miwa, Joann Takeshita, Charlene Young, Liane Miwa and Sally Wong** help count scrips. **Mei-Chih Chun** in background. (See story on page 2.)

Right: **Dan Takamatsu** cleans door in exercise room on the 3rd floor during the Kalihi YMCA clean-up. (See story on page 4.)



Kalihi YMCA News

By **Tony Pfaltzgraff**, Kalihi YMCA Co-Executive Director

The summer time break for elementary school students gets shorter every year. This year, most schools will be in session by late July. That means summer programs for the Kalihi Y are over as I write this. Kalihi Y staff did a good job at running a less expensive but still high quality program. As I mentioned previously, we were able to use the Kalihi Valley pool for the first

time in a number of years. This, along with outdoor play space at Bishop Museum, helped to make summer fun for the children at the Kalihi Y.

The Summer Carnival was another great event for the kids. It was great to see the Country Store operating for the first time in a number of years. Between the boiled peanuts, musubi, donated clothing and other items, the store was

continued on page 2

Happenings

AUGUST

- 4** Convention Steering Committee: 10 a.m., Ilima Hotel.
- 11** YMCA After Summer Clean Up 8:30 a.m., Teen Lounge.
- 13** Membership Meeting, 6:30 p.m., Kalihi YMCA. Dinner Hosts: Dan, Tony, Greg, Tom.

Celebrations

HAPPY BIRTHDAY!

- AUG 18** Paulette Ogata
- 25** Josh Heimowitz

HAPPY ANNIVERSARY!

- AUG 28** Dan & Ethel Takamatsu

REGIONAL NEWS

A meeting was held on Saturday, August 4 at the Ilima Hotel to coordinate the responsibilities of the various clubs for the planning of the next convention in Maui. The Royal Lahaina was proposed as the Convention site, May 15–17, 2008. The following assignments were made:

- Kalihi program booklet
- Central program
- Kaimuki auction
- Nuuanu goodie bags
- Hilo hospitality
- Maui Sunday service
- Ray Saito golf tournament

It was also agreed that delegates would be responsible for local transportation. ▼

Thought for Today

Be such a man, and live such a life,
 That if every man were such as you,
 And every life a life like yours,
 This earth would be God's Paradise.

— Phillips Brooks

Country Store and Shave Ice Concessions Produce \$863

The Country Store, a carnival feature revived after several year's absence, raised a total of \$658, thanks to generous donations of goods and time from Y's Men's and Women. It was off to a slow start, but there were two late surges of sales, first from parents and kids after the talent show ended, and later when Summer Fun leaders, finally freed of their duties, were looking to spend their scrips.

The stock of spam and plain musubi, boiled peanuts, cookies, boiled eggs made by Sally and Willie Wong, Bev and Dick Hoy Wong, Dan and Ethel Takamatsu, and Eddie and Liane Miwa was completely sold out.

The great volume of items donated by Ray and Joann Takeshita, including video tapes, audio song tapes, books, computer items, and Christmas lights and decorations, filled the display tables and helped generate much of the sales. Plants donated by Phil and Mei-Chih



Ray Takeshita carries his grandson and enjoys a light moment at the carnival.

Chun, a case of Kleenex donated by Eddie Miwa, used clothes, and other items donated by parents were also part items for sale.

Meanwhile Willie Wong's hands were literally ice cold after 3 hours of packing shaved ice into cups at the Shaved Ice Booth. With Dan and Ethel Takamatsu, and Sunny Young pouring the syrup and serving more than 200 customers, an
continued on page 3



Dan and Ethel Takamatsu prepares the shave ice ordered by Eddie Miwa, while Willie Wong prepares another cup of shaved ice.

LAUGH A LITTLE, LIVE LONGER

School is in session again, so parents need to learn what the teacher means when describing children's behavior.

1. *Your son has a remarkable ability in gathering needed information from his classmates. (He was caught cheating on a test.)*
2. *Karen is an endless fund of energy and viability. (The hyperactive monster can't stay seated for 5 minutes.)*
3. *Fantastic imagination! Unmatched in his capacity for blending fact with fiction. (He's definitely one of the biggest liars I have ever met.)*
4. *Margie exhibits a casual, relaxed attitude to school, indicating that high expectations don't intimidate her. (The lazy thing hasn't done one assignment all term.)*
5. *Her athletic ability is marvelous. Superior hand-eye coordination. (The little creep stung me with a rubber band from 15 feet away.)*
6. *John enjoys the thrill of engaging challenges with his peers. (He's a bully.)*
7. *I am amazed at her tenacity in retaining her youthful personality. (She's so immature that we've run out of diapers.)*

continued on page 3

KY News (cont'd from p. 1)

busy for much of the night. From what I could see, the Club's shave ice stand served one customer after another all night long! The efforts of so many club members really helped to make the Carnival a success. ▼



Carl Tanaka is training with the Honolulu Marathon Clinic every Sunday morning at Kapiolani Park. To date he has lost 13 pounds and runs 38 miles, and will increase the miles each month until he reaches 60 miles. He just completed the Hibiscus Run (half a marathon) in the time of 2 hours 4 minutes. Training under the direction of Dr. Jack Scaff, Carl hopes to be ready for the Honolulu Marathon in December. Adele continues to be fine. Her heart attack was “just one of those things”, not caused by genetics or poor eating habits. She and Carl now take yoga to help in relaxation, although Carl says it’s difficult because “parts of our body that doesn’t seem to want to stretch). Son Marcus is still attending the UH and works as assistant manager, customer service at American Savings Bank...After a long wait the picture in the Phil Chun Activity Room at Kalihi YMCA has been replaced with pictures of Phil, wife Mei-Chih, and Phil’s former secretary and office manager, Jeanette Kawakami.

Although they worked in the background most of the time, these two women did a great deal to help Phil and the Kalihi YMCA for over 25 years and deserve recognition for their outstanding contributions...The timing of Ray and Joann Takeshita’s house moving was great for the Kalihi Y’s Summer Fun Carnival. Because they had to move out of their current quarters into a much smaller unit, Ray and Joann donated much of their Christmas decorations, musical tapes, videos, paperback books, and other assorted items. The unsold Christmas decorations and lights will be used by the YMCA, while the unsold tapes and books were given to the Y staff. Any remainders will be given to the Nuuanu Y’s Men’s Club for their annual book sale. Ray and Joanne will be moving to an apartment in Aiea...Congratulations to RO Phil Sammer, who was given the Henry Grimes Award at the Outstanding Regional Director in the U.S..... ▼

Here's To Your Health!

Warm-ups. Dr. Ian Shrier, president of the Canadian Academy of Sport Medicine, Gloucester, Ontario, advises that stretching before exercise may not reduce the risk for injury. A better warm-up is to perform the activity you’re preparing to do at a lower intensity for 10 minutes or until you break a sweat.

Myth about Sit-Ups. Peggy W. Brill, PT, a Board -certified clinical specialist in orthopedic physical therapy with a private practice in New York City, says that Sit-ups and crunches are not good exercises. The worst thing you can do is

force yourself to do sit-ups or abdominal crunches. These exercises push your head out of alignment and cause tension in the shoulders. Although sit-ups and crunches strengthen the rectus abdominus, (the muscle that runs from the pelvis to the rib cage), they tend to elongate the transverse abdominus(girdle) muscle, causing the lower abdominals to pouch. In addition, sit-ups and crunches can damage the spine. A more effective way to work all the muscles of your abdomen is to perform the exercise called Dead Bugs.

Bottom Line Healing Library

Laugh (cont’d from p. 2)

8. *Unlike some students who hide their emotions, Charles is very expressive and open. (He must have written the Whiner’s Guide.)*
9. *I firmly believe that her intellectual and emotional progress would be enhanced through a year’s repetition of her learning environment. (She’s flunked and will repeat the 8th grade.)*
10. *Her exuberant verbosity is awesome! (A mouth that never stops yacking.)*

— ARCA Max Jokes Newsletter

Carnival (cont’d from p. 2)

additional \$205 was raised. Much thanks to Gary Ogata for obtaining the shaved ice machine from his nephew, Dan Takamatsu for cups, straws, spoons and napkins, Sally Wong for napkins, Phil Chun for the 10 blocks of ice, syrup from Gary Ogata and Tom Kusatsu (through Malolo Beverages).

Bev and Sally Wong and Liane Miwa took turns serving as cashier at the Country Store. Bev and Dick Wong had to leave early to help out at their grandson’s summer carnival the same evening. Bev, Dick, Sally, Willie, Dan, Ethel and Sunny came earlier to help Susie Kama set up and price the donated items. Counting tickets at the end of the evening were Sunny, Eddie, Liane, Mei-Chih, Ray, Joanne, Dan and Ethel, Sally and Willie.

Finally a great mahalo to Dan Takamatsu and Eddie Miwa for coordinating the entire project. ▼

Members Clean YMCA

Much thanks to members who worked hard for 3 hours cleaning a room, hallway and stairs of the 3rd floor of the Y building on Saturday. This annual project to help clean the Y at the end of each Summer brought out an enthusiastic crew who scrubbed walls of dirt, scuff marks and stains, then rinsed and mopped the area.

Tony Pfaltzgraff brought coffee and pastries, and Tom Kusatsu brought some unusual manapua for breakfast and tony brought bento lunches for the hard working crew.

Mahalo to Dan and Ethel Takamatsu, Bev and Dick Wong, Eddie Miwa, Tom Kusatsu, Wayne Kim, Phil Chun who came out to help Tony clean a section of the building.



Clockwise from above: **Ethel Takamatsu** holds a door open while others push water in a drain. **Eddie Miwa** listening to the conversation during lunch, **Dick and Bev** listens to **Tony Pfaltzgraff**; **Tom Kusatsu** and **Wayne Kim** squeezes water out of a heavy mop. Far right: **Bev Wong** cleans the storeroom.



Homework Help

“Dad”, said little Johnny, “I’m late for football practice. Would you please do my homework for me?”

The father said irately, “Son, it just wouldn’t be right.”

“That’s okay,” replied Johnny, “but you could at least give it a try, couldn’t you?”

Who is the Most Obedient?

The father of five children had won a toy at a raffle.

He called his kids together to ask which one should have the present.

“Who is the most obedient?” he asked.

“Who never talks back to mother? Who does everything she says?”

Five small voices answer in unison. “Okay, dad, you get the toy.”

— *ARCA Max Jokes Newsletter*

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