



Mike Lacuesta Battles Multiple Myeloma



Mike Lacuesta and wife Ann greet supporters at the fundraiser.

Club members, relatives, co-workers and friends of Mike Lacuesta came out in force for the Mike Lacuesta Fund Raiser, held at the 4Play Night Club in Aiea on Sunday, June 8. Eddie Miwa spearheaded efforts by the Kalihi Y's Men's and Women's Club in assisting Amanda Avilla, Mike's cousin, who coordinated the event.

The facility was packed throughout the night and included a casino night, a Texas Holdum, auction, dancing and lots of pupus and drinks. Guests paid \$25 for a beer, pupus and \$300 in play money. Winnings were used to pay for the great auction items at the end of the evening.

Casino games were full of players all evening.



Assisting throughout the evening with setting up, registration, parking, clean up and security were Dan and Ethel Takamatsu, Bev and Dick Wong, Tony Pfaltzgraff and Charlene Young, Sally Wong, Eddie and Liane Miwa, Phil and Mei-Chih Chun, and Gary

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HAPPENINGS

June

28 Zoo Project
 8-11:30 a.m.; 11 a.m.-3 p.m.
 Park at Jefferson School.
 Enter at Kapahulu Gate.

July

14 Membership Meeting
 6:30 p.m., Kalihi YMCA

18 Summer Fun Carnival
 Country Store project
 6:30 p.m., Kalihi YMCA

Aug

2 Casino Night
 6:00 p.m., Wong residence,
 3604 Nuuanu Pali Drive

CELEBRATIONS

Happy Birthday!

May

25 Ray Takeshita
27 Gary Ogata

June

15 Eddie Miwa
17 Ethel Takamatsu

May

25 Ray Takeshita
27 Gary Ogata

Happy Anniversary!

May

19 Eddie & Liane Miwa

July

27 Wayne & Marjorie Kim

**Ethel Takmastu Inducted,
 Jeanette Kawakami
 Nominated for Golden Book
 at Endowment Dinner**

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Annual Endowment Dinner Inducts Takamatsu and Honors Kawakami

With U.S. Area Representative Debbie Redmond giving the keynote address, Ethel Takamatsu, wife of Kalihi Club President, Dan Takamatsu, was one of eight new Y's Men and Women inducted at the 13th Annual Endowment Fund Dinner sponsored by the Kaimuki Y's Men's Club. The new members were a welcome sight, as membership has been declining both locally and nationwide over the past several years.

Debbie Redmond is the U.S. Area Corporate Secretary, whose own club, Carondelet in St. Louis, Missouri,

raises \$100,000 each year with a book sale.

Also honored that evening was Mrs. Jeanette Kawakami, as the Kalihi club's Golden Book Endowment Fund Nominee for 2008. Mrs. "K" served as the Kalihi Y's office manager for over 25 years and at the age of 88, continues to keep in contact with many of the Kalihi YMCA's former members and staff.

Present at the dinner to honor Ethel and Mrs. "K" were club members Phil and Mei-Chih Chun, Dan Takamatsu, and Beverly and Dick Wong.



Seated from left: **Mei-Chih Chun, Ethel Takamatsu, and Jeanette Kawakami**
Standing from left: **Dan Takamatsu, Dick and Bev Wong, and Phil Chun**

Laugh A Little, Live Longer

"As of tomorrow, employees will only be able to access the building using individual security cards. Pictures will be taken next Wednesday and employees will receive their cards in two weeks." — **Microsoft Corp.**

Lacuesta Fundraiser

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Amanda Avilla briefs Lt. Mike Oakland regarding security needs.

Ogata. Phil and Mei's son-in-law, State sheriff Lt. Mike Oakland, helped provide security. Also assisting were Greg and Iris Lee, Wayne and Marjorie Kim and Randall Chun.

Past President and Charter member Mike Lacuesta has been diagnosed with Multiple Myeloma, a rare and crippling disease that attacks the bone marrow. Amanda Avilla, Mike's cousin, is spearheading efforts with employees of Pictures Plus, where Mike works, to raise funds to help Mike, who needs to move to Seattle for three months to receive medical treatment. It was great to see Mike and wife Anna put in a brief appearance at the event.

Beautiful posters, created by Pictures Plus, where Mike works, were printed and distributed around the island. The Honolulu Advertiser and KITV Channel 4 also assisted in promoting the event.

Also donations can be made at any Bank of Hawaii, payable to Friends & Family of Michael Lacuesta.

Two weeks later members gathered at the home of Mike's parents for a pot luck luncheon. Present were Gary & Paulette Ogata, Eddie & Liane Miwa, Phil and Mei-Chih Chun, Bev and Dick Wong, Tony Pfaltzgraff, Sunny Young, and Greg Lee.

Hawaii Regional Convention Report

by Dan Takamatsu

We would like to extend our thanks to Renee Guillermo of the Kalihi Y for her help in producing the booklet for the convention. She cheerfully ran off all the contents of the booklet for us. Changes and corrections were no problem. All we had to do was assemble the booklet folders using the colored section divider that she had. We had good comments at the convention on the folders. Thank you also to Tony and the Kalihi YMCA for the use of the copy machine, paper, and room for the assembly work and Dick, Bev, Sally, and Ethel for doing the assembly work.

Bev and Dick Wong and Ethel and Dan Takamatsu attended as Kalihi's delegates, although we were allowed only three votes due to our decreased membership. Did not matter, though, since all voting was by voice vote and numbers did not matter.

The participants to the convention got off to a rough start. Ethel and Dan had booked their flight on Aloha Airlines. When Aloha went belly-up, Ethel tried to book Hawaiian Airlines thru United Frequent Flier but did not succeed. We finally had to book directly with Hawaiian at regular fare. It was a mixed blessing because Bev and Dick, who booked Hawaiian Airlines thru United were told at check in that they did not have any reservations. Bev showed the desk clerk the confirmation letter but that did not matter. After many phone calls, they were finally allowed to board the flight.

The convention was very relaxing, since things were quite "hang loose" (Maui style?). The first night's dinner was held on the lawn fronting the beach. Great ambiance with tiki torch lights; however, the partial moon light filtering thru the fog was not quite enough light to see what one was eating. But it was a pleasant change enjoyed by all.



Saturday's breakfast was on your own but prepaid (like free style cruising aboard the NCL) so that was relaxing. The Sunday breakfast started with a circular gathering again on the lawn as thoughts were shared by those who knew the departed. It was a touching and fitting event.

There was no business of import conducted during the business sessions. We had a session on membership conducted by Paul Kuramoto where participants were asked to share their thoughts on who should we get as members and how we should go about doing it. The input from the participants was summarized and participants were asked to discuss them with their respective clubs.

"...participants were asked to share their thoughts on who should we get as members and how we should go about doing it."

Nuuanu Y's Men's Club was awarded the Outstanding Club of the Year award for 2007-2008. Tom Tannery of East Kauai Y's Men was the President of the Year. Rick Lau was installed as

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Kalihi YMCA News

by Tony Pfaltzgraff

Beginning in January and running through May, Kalihi Y staff and volunteers were hard at work raising money to support Branch programs. Of course, the big fund raiser of the year is the Annual Support Campaign that had a goal of \$125,000 for 2008. As of this date, we have over \$114,000 pledged and we will be receiving a gift from the Friends of Hawaii Charities (Sony Open) in late June that should take us over the top.

Running parallel to ASC is the planning process for the annual golf tournament. Thanks to the hard work of our volunteers, we had more players and sponsors than we have had in recent years. As a result, we will clear \$40,000 from the tournament and we should receive another \$5,000-\$10,000 from a Visitor Industry Charity Walk proposal that was submitted at the end of May.

Over the next two weeks, our summer programs for children will be in full swing. Our goal was to have 150 children in program at the Branch and at Aiea Elementary. I don't know if it's related to the economic concerns that are affecting Hawaii, but our enrollment is quite a bit below projections.

Endowment Fund Golf Tournament

Pearl Country Club
May 16, 2008

Wayne Kim and Willie Wong help pass out goody bags to golfers.

This year's tournament grossed over \$57,000 with a net profit of over \$40,000.





Top row: **Mike Lacuesta, Eddie Miwa, Sally Wong.** Center row: **Tony Pfaltzgraff and Dick Wong, Dick and Bev Wong.** Bottom: **Club members register supporters.**

Here's to Your Health

One of the worst forms of sugar is high fructose corn syrup (HFCS). As much as 2/3 of all the corn being produced in this country was being turned into this sweetener. When this was introduced into our food supply in the '70s, the obesity rate, which had been stable, started to climb and now is epidemic.

Studies have shown that HFCS depresses thyroid function and lowers one's metabolic rate. Consuming high fructose corn syrup is one of the quickest ways to increase fat and weight in the body and destroy your health. Unlike sucrose (table sugar), HFCS doesn't trigger the release of the hormones

insulin and leptin. Both hormones signal the brain to reduce appetite and help reduce fat storage. It packs the fat, but still leaves you unsatisfied and craving more. That's why it's been called the "crack of sweeteners."

One of the quickest ways to reduce your HFCS consumption is to stop drinking all sodas and sweetened drinks. It's almost impossible to totally eliminate HFCS from your diet, since it's found in everything from bread and no-fat yogurt to most commercial sauces, including ketchup. Read the labels on food packages. The more HFCS you can eliminate the better.

Regional Convention

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the RD. Walter Osakoda was presented the Order of the Red Triangle (for outstanding long time service to the Y's Men). DG Russ Lynch extended his bid for hosting the next convention.

Ms. Debbie Redmon, Area Corporate Secretary, was the US Area Representative and also the keynote speaker at the Saturday night dinner. She is the Senior Program Director at the Carondelet YMCA. Joining us were about 20 Y's Men and their families from Japan.

The venue for the convention was the Royal Lahaina Resort. Although an old resort, it must have been recently renovated and the room was very spacious and nice. All in all it was a very relaxing convention that was enjoyed by all.

Yard Project Completed

Thanks to the efforts of Bev and Dick Wong, members had a fund raising work project—cleaning a yard in Hawaii Kai. Dan Takamatsu did most of the planning for the project, while Ethel brought delicious snacks and drinks for the workers. Taking part in the yard work were Sunny Young, Dan and Ethel, Wayne Kim, Phil Chun, Bev and Dick Wong, and Eddie Miwa. Volunteers cleared a section of the front yard and installed plastic liner and topped it with gravel to make a area for display of orchid plants. They also leveled a tile border in the back yard and repotted some plants.

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

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