



Cleaning Work Project Completed

After recently completing two fund raising work projects involving yard clean ups, club members went indoors to complete another. This project involved the clean up of a small studio apartment that the owner wanted to have ready before renting it out to a new tenant. The clean up crew of Dan and Ethel Takamatsu, Bev and Dick Wong, Wayne Kim, Willie and Sally Wong and Phil Chun worked several days to complete the work. Mei-Chih also came one day to provide moral support. This involved some sanding and repainting hanging doors, closet doors and entry doors, scrubbing walls, recaulking the bathroom area, fixing

hanging doors, cleaning countertops and outdoor railings. Dan even tried to unplug the clogged sink pipes to no avail, although he did fix the hanging partition doors so the owner did not have to hire a carpenter. Wayne Kim did an excellent job of sanding three hanging door partitions on the first day. Dick Wong cleaned and varnished the entry door on the first day, but took ill and could not return the second day. Dan, Ethel and Bev came out for 3 days to complete the work.

These work projects have provided much funds for the club treasury, thanks to these members, who have provided most of the manpower. This project earned \$700 for the club.

HAPPENINGS

September

Give Aloha Month

18 Regional Convention

Committee Meeting

Kalihi YMCA, 7 p.m.

24 Flu Shot Project

Long's Drugs, Kamehameha

Shopping Center, 9:00 a.m.–

12:00 noon

October

5 Children and Youth Day

Train Ride, State Capitol,

9 a.m.–3 p.m.

13 Membership Meeting

Kalihi YMCA, 6:30 p.m.

Dinner Hosts: Dan, Ethel

and Wayne

25 Kalihi YMCA Chicken Sale

Shifts: 7:30 a.m., 9:00 a.m.

CELEBRATIONS

Happy Birthday!

September

1 Jeremy Ogata

7 Chad Wong

11 Bianca Kusatsu

17 Mei-Chih Chun

19 Sunny Young

24 Meigan Lacuesta

Happy Anniversary!

September

28 Sunny and Norma Young

Flu Shot Project

9/24

Longs Drugs Store
 Kamehameha Shpg. Ctr.
 9:00 a.m.–12 noon





Bev and Dick Wong left with the University of Hawaii Tour group the day after the apartment work project was completed. They'll go to Florida for the game, and afterwards stop over at Las Vegas and the West Coast before returning home. They'll be going off again to Oregon to see the UH/Oregon State Game....**Wayne Kim** is spending his retirement working for his brother on construction jobs. He and **Marjorie** will also be attending the UH football game along with **Dan and Ethel Takamatsu**. The Kim's will then take another trip to San Diego to attend their son, **Wesley's** graduation. In November they will be going to Las Vegas to attend the Line Dancing

Convention....**Sunny Young** is recovering from a carpal tunnel surgery.... It was fortunate that the Kalihi YMCA clean up had to be cancelled because **Tony Plaltzgraff** came down with a viral infection, since the apartment cleaning project took three days to be completed....The YMCA clean up was rescheduled for November 15.... Both **Tony** and **Phil Chun** are repainting parts of their homes....If you plan to see the Senior Fair at the Blaisdell Center on Sunday, September 21, **Phil Chun** will be singing with the Gleemen Plus of Honolulu choral group at 12:30 p.m....**Tony Pfaltzgraff** completed his 3-month term as club president, and **Wayne Kim** will take over in October.

Kalihi YMCA News

by Tony Pfaltzgraff

On Friday, September 12th, the Kalihi YMCA teen Ho'okupa'a program participants (our Branch After School Program) will volunteer at the annual Iron Workers golf tournament. The Ho'okupa'a program is primarily for students at Farrington, Dole and Kalakaua. The program combines a teen leadership component along with drop-in activities. There is a monthly fee charged for the program, but members can take part in fund raising activities to offset the costs. The teen's volunteer efforts for the Iron Worker's tournament should net between \$1000 and \$1300.

In recent months, there have been new programs added to the Kalihi YMCA. Earlier this year the Weed and Seed program, along with its Executive Director Maile Kanemaru, came under our Branch. Weed and Seed has had an informal connection to the Y for the past ten years, but Larry Bush asked that it begin to operate as a regular Y program. Another new program joining the Kalihi Y is a crystal methamphetamine prevention program for middle school students in Waianae. The program focuses on having teens and their parents learn culturally appropriate problem solving skills that will help them live healthier and happier lives. Funding was made possible by the Hawai'i Community Foundation.

GIVE ALOHA PROGRAM PLEDGES

Members are reminded that September is the month to pay their pledges to the Kalihi Y through the Foodland Give Aloha Program. Individuals may contribute up to \$249 for each Maika'i Card, so if you want to give more than \$249, use cards from each family member.

In order to qualify for the matching contribution from Foodland, payments must be made during the month of September. The contributions to Foodland's Give Aloha Program must designate the Kalihi Y's Men's and Women's Club as the recipient, Not the Kalihi YMCA.

Don't forget to save your receipt and give to Treasurer, Dick Wong.

2008 Children and Youth Day: Volunteers Needed for Train Ride

The Kalihi Y's Men and Women will again oversee the Train Ride at the Annual Children and Youth Day Festivities at the State Capitol. Held on the first Sunday in October each year, (October 5, 2008) club members have helped with this project for about

5 years. Club members are urged to sign up to help on that day. Two shifts are planned: 9:00 a.m.-12:00 p.m. and 12:00 p.m.-3:00 p.m. We need at least 4 persons per shift. Free lunch will be served for volunteers, and parking passes will be given out. The event,

co-chaired by Senator Suzanne Chun Oakland since its inception, has been drawing crowds of over 50,000 people.

The short train ride has been a popular activity every year, so our members are kept busy all throughout the day.

Here's to Your Health

Metro District News

Fighting Cancer with Complementary Therapies

Barrie R. Cassileth, PhD
Memorial Sloan-Kettering Cancer Center, NYC

Acupuncture We don't know how it works, but there's clear evidence that acupuncture helps relieve the nausea and pain associated with certain cancer treatments.

Herbal Remedies Herbs cannot cure cancer, but some have been shown to help control symptoms, and to help prevent the side effects associated with cancer treatment.

Massage In addition to relieving sore muscles, massage affords skin-to-skin contact with another person. Research has shown that such contact is essential to well-being. This is especially true for cancer patients, whose disease often leads them to avoid physical contact with others.

Relaxation Techniques Meditation, biofeedback and self-hypnosis have all been shown to reduce pain and help patients cope with the emotional impact of cancer.

Tai Chi and Qigong These Chinese disciplines combine slow, deliberate movements with deep breathing and meditation. They're gentle enough to be performed even by the very frail. In addition to lowering stress and anxiety, these techniques can also boost stamina and a sense of well-being.

Yoga Simple Yoga postures can induce a deep sense of calm. Practiced regularly, yoga has been shown to have both short and long term benefits.

A committee met to develop and orientation and club development program to be used by all clubs in the Hawaiian Region to give new members a good orientation to Y's Dom and help in the development of the clubs in the Region. Selected Y's Men on every island will be trained to conduct orientation sessions for clubs whenever needed.

The annual Christmas Party will be held on Friday, December 5, at the Kalihi YMCA. This year's event will be held jointly with several clubs. The Christmas Caroling project will still be held, but as a separate event. Bob Kuwahara of the West Oahu club is coordinating the party.

Regional News

Regional Director Rick Lau announced that there has been a change in International and Area dues, allowing members who are 26 years and younger to pay only 50% of the required Area and International dues.

Lt. DG Walter Osakoda has formed the 2009 Hawaiian Regional Convention Committee. Committee members visited several sites in Waikiki and have decided to use the Ilima Hotel for lodging and the Miramar Hotel for banquets.

Area News

U.S. Area President elect, Phil Sammer just returned from meetings and training sessions in Sweden. Current U.S. Area President, Fred Leonard is making great efforts in organizing new clubs in the area this year.

laugh a little live longer

TRADITIONAL ROLES

Several years before the Gulf War, a female journalist did a story on gender roles in Kuwait. She noted that there it was customary for women to walk 10 feet behind their husbands.

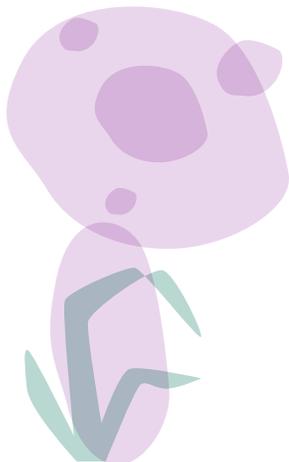
After the war, she returned to Kuwait and was pleased to observe that now the men walked 10 feet behind their wives. She approached a woman at the airport and asked, "What enabled Kuwaiti women to achieve this role reversal?"

The Kuwaiti woman replied, "Land Mines."

thought of the day

If you want to live without worry, live one day at a time. Drop yesterday with its mistakes and failures. Shut out tomorrow with its forebodings. . . . Each day is a little life. Be glad and grateful for its wonders. Live it with confidence and joy.

Rev. Paul Osumi



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