



Children and Youth Day Festivities



The Kalihi Y's Mens and Women's Club again assisted in coordinating the popular train ride at the Children and Youth Day event, held at the State Capitol. The club has been assisting for about seven or eight years, when the event was held at the Bishop Museum, Kaka'ako State Park and more

recently at the Capitol. This year the club was assisted by Leo Club students from McKinley and Roosevelt high schools. Much thanks to Sunny Young, Dan and Ethel Takamatsu, Bev and Dick Wong, Phil and Randall Chun for coming out to assist.

HAPPENINGS

October

President for October and December: Wayne Kim

22 Metro District Council
 Kaimuki YMCA, 6:30 p.m.
 Hosts: Kaimuki Y's Mens & Women's Club

25 Huli Chicken Sale
 Kalihi YMCA
 Shifts: 7:30 and 9:00 a.m.

November

15 Kalihi YMCA Clean-up Project, 5:30 a.m.

17 Club Meeting
 Kalihi YMCA, 6:30 p.m.
 Hosts: Sally and Willie Wong, Sunny Young

CELEBRATIONS

Happy Birthday!

October

- 4 Greg Lee
- 7 Marjorie Kim
- 15 Dick Hoy Wong
- 17 Charlene Young

Happy Anniversary!

October

- 4 Greg & Iris Lee
- 30 Tom & Bianca Kusatsu

Annual Chicken Sale

The Kalihi YMCA Chicken Sale is planned for Saturday, October 25. This year the whole chicken price will be \$8 each.

Club members are urged to sell their tickets and to turn in their sales counts by October 17. Sushi will also be sold for \$4. Members are asked to sign up for the either the early morning shift at 7:30 a.m. or the 9:00 a.m. shift.

Laugh a Little, Live Longer

Subject: Doctor Questions & Answers

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that is it. Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistic efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop

(continued on page 2)



Congratulations to **Sunny Young**, who received two awards at the National Park Service Volunteer Recognition Dinner. He received the **President's Call To Service Award** for dedication to volunteer service for over 4,000 hours of volunteer service to the Park Service. The second award was given by the U.S. Department of Interior **Take Pride in America Secretarial Volunteer Service Award** in recognition and appreciation for his "commitment to strengthening our Nation and making a difference through volunteer service." Presenting the award in person was U.S. Secretary of the Interior **Kirk Kempthorne**. Work projects are help-

ing to swell the club Treasury. The last project produced \$700, and another is scheduled for November 15...**Dan and Ethel Takamatsu** will be away on a trip October 24–November 11...**Bev and Dick Wong** went to Oregon to attend the Oregon State-UH football game last month...**Wayne and Marjorie Kim** attended the college graduation of their son, **Wes**, in September and later plan to attend a country line dancing convention in Las Vegas in November. Wayne also had a bitter-sweet weekend when his son, **Robert**, got married, but on the same night, his brother passed away...Congratulations to **Liane Miwa** who retired from Hawaiian Telcom...

Much thanks to **Sunny Young, Phil and Mei-Chih Chun**, and **Dan Takamatsu**, who assisted with the flu immunization program for a few hours at Longs Drugs Store at the Kamehameha Shopping Center. **Sunny** has volunteered for this vaccination program for several weekends at various other locations... **Tony Pfaltzgraff** announced that the **Kalihi YMCA Endowment Fund** has now grown to about \$600,000 after the recent golf tournament raised over \$40,000. Income from the endowment fund is being used to provide scholarships to disadvantaged youth to participate in YMCA programs throughout the year.

Laugh: Doctor Q & A (continued from page 1)

can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine; that means they take the water out of the fruity bit, so you get even more of the goodness that way. Beer is also made out of grain. Bottoms Up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried food bad for you?

A: YOU'RE NOT LISTENING!!!... Foods are fried these days in vegetable

oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans! Another vegetable!!! It's the best feel-good food around.!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting into shape important for my lifestyle?

A: Hey! Round is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. And remember, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well

thought of the day

You have not finished the best part of your life.

We hear that youth is wasted on the young. People who say this are accepting the myth that only the young can enjoy life to the fullest. The truth is that older people do not consider their young days to be their best days; most enjoy their senior years more than any other part of their life.

Researchers conducted a long-term study of northern Californians, interviewing subjects multiple times over three decades. When asked when they had been the happiest in their lives, each time eight out of ten answered, "right now."

From the *100 Simple Secrets of Happy People*, by David Niven, Ph.D.

Children and Youth Day—Keiki Train Volunteers



Clockwise from top left: **Student volunteers from Roosevelt High (girls) and Punahou School (boy), Dan Takamatsu and Sunny Young at the Punchbowl-Beretainia station, Sunny with Ethel Takamatsu, Sunny and Dan with a student train driver.**



Metro District News

The Metro District Council will hold its second meeting for the year on Thursday, October 22. This meeting will be hosted by the Kaimuki Y's Men and Women's Club at the Kaimuki YMCA.

Bob Kuwahara is coordinating the Metro District Christmas Party, scheduled for Friday, December 5th. The party will be held at the Kalihi YMCA, and food will be catered by Gyotaku Japanese Restaurant.

Laugh: Doctor Q & A (continued from page 2)

preserved body, but rather to skid in sideways—Chardonnay in one hand, chocolate in the other—body thoroughly used up, totally worn out and screaming “WHOOOO, What a ride”

And...For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.

2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.

Regional News

The Regional Convention Planning Committee headed by Walter Osakoda has developed the tentative program for the convention, slated to be held from Sunday thru Monday, May 16–18, 2008. The Convention will take place at the Ilima, and Mandarin Hotels in Waikiki, and incorporate the Academy workshops.

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

Send your articles to:
Phil Chun c/o Kalihi YMCA
1335 Kalihi St. Honolulu, HI 96819



Bulletin Editor: Phil Chun
Design & Production: Randall Chun Design