



## Kalihi Y Loses a Loved Supporter

**IT IS WITH HEAVY HEART** that we report the passing of Carolyn Saito. She was a much loved individual. People looked forward to her attendance because she was so cheerful, with a wonderful smile and enthusiasm that perked up any meeting. In February Carolyn got the news that she had colon cancer, stage 4. She was hospitalized but did not want people to visit her and did not give out the news about her condition. She passed away on May 1.



A retired elementary school teacher, Kalihi YMCA Board member for over 40 years, and former Kalihi Y's Men and Women's club member, Carol will be greatly missed by everyone. Funeral services will be held at Mililani Memorial Park (Mauka Chapel) in Waipahu on Monday, May 18, 6:30 p.m.. ▼

Inset above: **Carolyn** at the 2001 Kalihi YMCA carnival.

At right: **Carolyn** at the horse race table, Kalihi Club Casino Nite, old Kalihi YMCA building, February 1999.

**More photos of Carolyn Saito on page 3.**



## Kalihi YMCA News by Tony Pfaltzgraff

**W**e have been on a bit of a roller coaster at the Kalihi YMCA due to economic ups and downs in our community. Monetary donations to the Branch have remained strong, registrations for the golf tournament are better than expected and we were successful in gaining a new A+ site at Kaewai Elementary. At the same time, our government grants have taken a sizeable (\$400,000+) hit for the fiscal year that starts July 1st.

The Kalihi YMCA has effectively faced difficult economic times before, and I am confident we will be able to do so again. I know that the staff here is dedicated to providing great programs and more than anything, this will help us succeed even during this recession. We also have another ingredient that helps us succeed and that is you. Because of your commitment, and because of the dedication of all our volunteers, the staffing at the Kalihi Y is confident about our future. ▼

## HAPPENINGS

### May

- 11 Membership Meeting**  
Kalihi YMCA, 6:30 p.m.  
Dinner hosts: Tom Kusatsu, Eddie Miwa, Dick & Bev Wong
- 15 Kalihi YMCA Endowment Fund Golf Tournament**  
Pearl Country Club, 10 a.m.  
Help needed for set-up and registration
- 16 Hawaiian Regional Convention**  
7:00 a.m. Hawaii Industry Charity Walk  
11:00 a.m. Registration, Ilima Hotel  
12:30 p.m. Outgoing Cabinet Meeting, Ilima Hotel  
1:30 p.m. Business Sessions, Ilima Hotel  
7:00 p.m. Banquet, Miramar Hotel; Speaker: Wayne Smith
- 17 Hawaiian Regional Convention (continued)**  
7:00 a.m. Breakfast  
8:00 a.m. Devotional  
Speaker: Dallas Walker  
9 a.m.–1:30 p.m. Academy (incl. lunch), Membership Development  
5:30 Dinner and Raffle
- 18 Carolyn Saito Funeral**  
Mililani Funeral Home  
5:30 p.m. Viewing  
6:30 p.m. Service  
**District Endowment Dinner**  
6:30 p.m. Japanese Cultural Center, Golden Book Honoree: Michael Lacuesta

## CELEBRATIONS

### Happy Anniversary!

### May

- 19 Eddie and Liane Miwa**

# Endowment Dinner

**M**ike Lacuesta, club charter member who passed away the past year, is the choice of the Kalihi Y's Men's and Women's Club for this year's Golden Book Award. Mike's mother, wife and daughter will be invited to attend the awards dinner on May 18, at the Japanese Cultural Center.

Eddie Miwa will prepare the award document and make the presentation. Club officers will also be inducted that evening. Scheduled to attend are Bev and Dick Wong, Ethel and Dan Takamatsu, Phil and Mei-Chih Chun and Eddie Miwa. ▼

## laugh a little live longer

### The Gravy Ladle

**J**ohn invited his mother over for dinner. During the meal, his mother couldn't help noticing how beautiful John's roommate was. She had long been suspicious of a relationship between John and his roommate, and this only made her more curious.

Over the course of the evening while watching the two interact, she started to wonder if there was more between John and the roommate that met the eye. Reading his mom's thoughts, John volunteered, "I know what you must be thinking, but I assure you, Julie and I are just roommates."

About a week later, Julie came to John and said, "ever since your mother came to dinner, I've been unable to find the beautiful silver gravy ladle. You don't suppose she took it, do you?" John said, "Well, I doubt it, but I'll write her a letter just to be sure."

So he sat down and wrote: "Dear mother. I'm not saying you did take a gravy ladle from my house, and I'm not saying you did not take a gravy ladle. But the fact remains that one has been missing ever since you were here for dinner"

Several days later, John received a letter from his mother, which read, "Dear Son, I'm not saying that you do sleep with Julie, and I'm not saying that you do not sleep with Julie. But the fact remains that if she was sleeping in her own bed, she would have found the gravy ladle by now. Love, Mom"

## Convention Booklet

Much thanks to Bev Wong for coordinating the Convention Booklet committee work. Bev and Dick, Dan and Ethel Takamatsu, Phil and Mei-Chih Chun, and Sally Wong put together 46 booklets each with about 60 pages in less than four hours at the Kalihi YMCA on Wednesday, May 6. The club is extremely grateful to Y staffer Renee Guillermo, who spent the entire morning running off the materials for the booklets. Much thanks to Tony Pfaltzgraff for allowing Renee to help and for the use of the facilities. ▼

## Annual Reports Completed

Bev Wong had a busy start to her term as President, as she had to prepare several program reports for the Region and US Area. This was all very new to her so she had to get input and help from a variety of sources to complete the reports. These reports will be used to determine club awards for different program areas at the Regional and Area levels. With the four president system, it has been suggested that each president fill out the report on a quarterly basis, the the 4th quarter president does not have to research the data for the reports for the entire year. ▼

## Screens Repaired

Much thanks to Bev and Dick Wong, who volunteered to complete a work project with the help from Dan and Ethel Takamatsu. This involved repairing six window screens for a friend and will result in a contribution of \$100 to the club treasury. ▼

# Today's Thought

## Events are Temporary

Bad things happen, but usually we do not feel their effects on us forever. It's really true that time heals wounds. Your disappointments are important and serious, but your distress will pass and your life will take you in new directions. Give yourself some time.

Studies of thousands of Americans show that happy people are not immune to negative events. Instead, they are characterized by the ability to think about other things in the aftermath of negative events.

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

## Regional/Metro District News

Registration for the Hawaiian Regional Convention is currently below projections. The Hilo club will not be attending, as they are in the midst of a special fund raising to assist the Big Island YMCA in reducing its current deficit. Clubs with new members are urged to have them attend the Convention, or at least the Academy portion of the convention, which will feature the new Member Development Program developed by the Metro District. Members are also encouraged to attend the banquets on Saturday and/or Sunday Evenings, Sunday luncheon and Sunday Services, which will feature Dallas Walker, who voluntarily spent a year among the homeless. The Saturday Night Awards Banquet will feature Area Representative Wayne Smith. ▼

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

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# THINK YOU HAD A BAD DAY?

**THE AVERAGE COST** of rehabilitating a seal after the Exxon Valdez Oil spill in Alaska was \$80,000. At a special ceremony, two of the most expensively saved animals were being released back into the wild amid cheers and applause from onlookers. A minute later, in full view, a killer whale ate them both.

**IN A HOSPITAL'S INTENSIVE CARE UNIT,** patients always died in the same bed, on Sunday morning, at about 11:00 a.m. regardless of their medical condition. This puzzled the doctors and some even thought it had something to do with the supernatural. No one could solve the

mystery as to why the deaths occurred around 11:00 a.m. Sunday, so a worldwide team of experts was assembled to investigate the cause of the incidents. The next Sunday morning, few minutes before 11:00 a.m. all of the doctors and nurses nervously waited outside the ward to see for themselves what the terrible phenomenon was all about. Some were holding wooden crosses, prayer books, and other holy objects to ward off the evil spirits. Just when the clock struck 11:00, Pookie Johnson, the part-time Sunday sweeper, entered the ward and unplugged the life support system so he could use the vacuum cleaner.

## Here's To Your Health

**Research shows** that people who tend to be perfectionists are seven times more likely to suffer migraine headaches, chronic fatigue, ulcers and cardiovascular disease. The combination of high self-criticism and low self-esteem can also trigger depression. So lighten up, at least enough to make the distinction between perfection (impossible) and achievement (ambitious but attainable). ▼

### IN MEMORIAM

# Carolyn Saito

Thank you for your lively, generous spirit and willing helping hands. The memory of you will live in our hearts and quietly remind us why we took the path of service to others—to foster fellowship among strangers who often became friends.

