



Members Help with Camp Erdman's KaBoom Playground Project



Club members had the task of servicing the lunch buffet. Sally Wong, Bev Wong and Ethel Takamatsu open food trays donated by Turtle Bay Hilton Hotel.

Over a hundred volunteers came out to help in the construction of the new natural playground at Camp Erdman on Wednesday, June 3. Cheered on by members of the KaBoom organization, volunteers from the U.S. Army and several other organizations came out with pick and shovels to change the mauka Erdman property from a barren, rocky area into a great new playground. Funded by the KaBoom Foundation, and supported by numerous organizations and businesses, the project began

actual construction after months of planning and preparation. By the end of the day, several trees were already planted, a rock wall was almost done, gravel pathways were made and two structures, one made of tree limbs and another made from wood were nearly completed. Work continued through Friday, and a dedication ceremony took place on Saturday, June 6.

Kalihi club members helped with the food service, bringing supplies from the kitchen to the field area tent,

(Continued on page 2)

73rd Regional Convention Ends

A successful Regional Convention was completed at the Miramar Hotel. but with questions still remaining about the future course of conventions in Hawaii. Fifty three delegates attended this year's function, and they were treated to the New Member Development program presentation, which was a major highlight of the convention.

The convention also featured Dallas Walker as the speaker for the Sunday meditation. Dallas voluntarily spent a year among the homeless on Oahu and spoke of his experiences. Over \$400 was collected in donations for Dallas to use for homeless programs. Area Representative Wayne Smith provided some inspirational words for the delegates.

(Continued on page 3)

HAPPENINGS

June

- 6 Military Appreciation Day**
Honolulu Zoo, 9 a.m.–2 p.m.
- Dist. Officers Planning Mtg.**
Zippy's (Vineyard), 1:30 p.m.
- 8 Membership Meeting**
Kalihi YMCA, 6:00 p.m.
Dinner Hosts: Phil Chun,
Tony Pfaltzgraff
(Note: meeting time has been changed to 6 p.m.)

CELEBRATIONS

Happy Birthday!

June

- 5 Dave Endo**
- 9 Erin Berhman**
- 15 Eddie Miwa**
- 17 Ethel Takamatsu**

Endowment Dinner Honors Six Persons

Held on the Monday night following the Convention, Metro District Clubs gathered to honor Golden Book Honorees at the Japanese Cultural Center. The Dinner, originated and hosted by the Kaimuki Club, was pushed back one hour, to 7 p.m. to assist the Kalihi Club members, who wanted to attend the funeral of former Y's Woman and long time Kalihi YMCA Board member, Carolyn Saito.



Kalihi's Golden Book Honoree was the late Mike Lacuesta, charter member who passed away earlier during the past year. Eddie Miwa wrote and

(Continued on page 4)

Here's To Your Health!

Music: Sounds that soothe the soul

Opinions vary as to why music has such a profound effect on humans. In one study with people who had suffered heart attacks, patients who listened to music were the least stressed, compared to other patients who received meditation and those who received only standard care. Another study of people

who suffered chronic pain, showed that patients who listened to music tapes reported significantly less pain. Most people get the greatest benefit from music that they've selected on their own —no matter what it is.

Bottom Lines
"Integrated Health Solutions"

Playground Project *(Cont'd from page 1)*



Clockwise from top left: **Sunny Young** (left) and **Dan Takamatsu** (right) gather plates in the camp cafeteria; **Wayne Kim** pauses during his work in the blazing sun; **Dick Wong** shovels gravel; and **Eddie Miwa** helps wash dishes in the kitchen.

setting up the food and drinks, serving breakfast and lunch and then helping with the clean up. Bev and Sally Wong, Eddie Miwa, Sunny Young, Ethel and Dan Takamatsu, and Phil Chun were the food helpers. Doing the hard physical work of digging and shoveling under the hot and humid conditions

were Dick Wong and Wayne Kim. Members worked from 8 a.m. to 2 p.m. Also attending was Mei-Chih Chun.

Sunny Young, Dick and Bev Wong returned on Friday and put in another full day of work. Everyone was invited to the ceremonies on Saturday. ▼

laugh a little live longer

Actual Medical Chart Notes

- Patient has two teenage children, but no other abnormalities.
- Patient has chest pain if she lies on her left side for over a year.
- On the second day, the knee was better, and then on the third day it disappeared.
- The patient is tearful and crying constantly. She also appears to be depressed.
- The patient has been depressed since she began seeing me in 1993.
- Discharge status: Alive, but without my permission.
- Healthy-appearing decrepit 69-year old male, mentally alert but forgetful.
- The patient refused autopsy.
- The patient has no previous history of suicides.
- Patient has left white blood cells at another hospital.
- Patient's medical history has been remarkably insignificant with only a 40-pound weight gain in the last three days.
- Patient had waffles for breakfast and anorexia for lunch.
- Between you and me, we ought to be able to get this lady pregnant.
- She is numb from her toes down.
- While in ER, she was examined, x-rated and sent home.

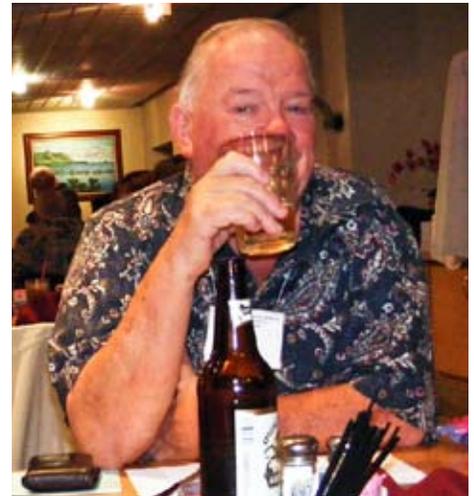
FYI is a publication of the Kalihi Y's Men's Club, Chartered on January 19, 1991.

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

2009 Hawaii Regional Convention *(Continued from page 1)*



Top L-R: Linda Chung, Academy co-chair, reviews "ABCs of Y's Dom". Dallas Walker relates his homeless experiences. RD Rick Lau, Glenn Matsukawa, and Fred Tamasaka.

Center L-R: Kalihi delegates Ethel Takamatsu, Bev and Dick Wong, and Eddie Miwa sit with Paul Kuramoto, Jiro and Jennie Yukimura (East Kauai) at business session. Darryl Tupinio (Central), President of the Year. Walter Osakoda, Convention chair. Russ Lynch, RD Elect.

Bottom L-R: Osamu Shoji (Windward), Ethel and Dan Takamatsu listen attentively at Devotional. Bev Wong shows Kalihi's service award certificate. Paul Kuromoto and Sharon Ishida, Academy leaders.

The newly formatted auction and raffle raised some \$2115, resulting in a net profit of \$2,750.

Darryl Tupinio of the Central Club won President of the Year Honors, but no club received the club of the year award. Paul Kuromoto and Sharon Ishida did a great job on the ABCs of Y's Dom, a new member development program developed by the Metro District.

Delegates elected Russ Lynch, Windward Club president, as the Regional Director-Elect for 2010-2011. Current Regional Director Rick Lau, Secretary-Treasurer Bob Kuwahara, OVG District

Governor Lance Niimi, Metro D.G. Phil Chun, Lt. D.G. Walter Osakoda and Secretary-Treasurer Ken Kadomoto will be the Regional Officers for the coming year.

Some good news: RD Rick Lau announced that there will be no club assessment by the Region during the coming year, since the Region ended with a substantial net profit last year. This will result in a savings of almost \$20 per member per club in 2009-2010.

The Chair for the 2010 Convention will be Duke Chung. Although the convention will be hosted by the Kauai

(Continued on page 4)

Endowment Dinner *(Continued from page 1)*



delivered the recognition testimonial, with Mike's wife, Anna, mother, Margaret, and daughters Meigan, and Dayna and son-in-law Jeff Townsend in attendance.

Kalihi Club officers Bev and Dick Wong, Ethel Takamatsu, and Eddie Miwa took part in the Officer's Installation Ceremony led by Area Representative Wayne Smith.

Also attending were Dan Takamatsu, Phil and Mei-Chih Chun. ▼

Top, front row L-R: **Dan and Ethel Takamatsu, Dayna Townsend, Meigan and Margaret Lacuesta, Bev Wong, Anna Lacuesa, Sally Wong.** Back row L-R: **Jeff Townsend, Eddie Miwa, Dick Wong and Sunny Young.**

Center: **U.S. Area President Phil Sammer installs Metro District club officers.**

Bottom: **Ethel Takamatsu enjoys a light moment with Kaimuki Club officers.**

Convention *(Cont'd from page 3)*

Y's Men's Club, the Convention Coordinating Committee will remain with the Metro District. The Kauai Club will serve as the facilities/program committee.

Questions regarding the frequency, site and coordinating committee responsibility still remain and will need to be resolved during the year.

Kalihi's full time convention delegates were Bev and Dick Wong, Dan and Ethel Takamatsu, and Phil Chun, while Eddie Miwa attended the Saturday activities. Mei-Chih Chun also attended the event. ▼



Top: **Ethel Takamatsu and Bev Wong pose with Area Rep. Wayne Smith.**

Center: **Mrs. Wayne Smith and APE Phil Sammer at the outdoor Convention Service.**

Bottom: **Duke Chung, Regional Membership Service Director and 2010 Regional Convention chair. Ken Kadomoto, Metro District Secretary/Treasurer.**