



Club Raises \$664 from Store & Shave Ice



Above: Willie Wong checks out the items in the Country Store. Below: Dan Takematsu was kept busy all night making shave ice.

The Summer Fun country store and shaved ice booths raised a total of \$664 during this year's event. Ethel Takamatsu's and Bev Wong's and Sally Wong's spam musubi continued to be top sellers, selling out quickly. Dick Wong and Eddie and Liane Miwa also brought another popular item, boiled peanuts, which sold out. Eddie and Liane also brought soy beans and clothes. Much thanks to the Ethel and Dan Takamatsu, Bev and Dick Wong and Sally and Will Wong for not only cooking and donating food items, but coming out early to help set up and price the store items.

The shaved ice booth was busy all evening, and ended with sales just shy of \$200, thanks to the efforts of Gary and Paulette Ogata, Dan and Ethel Takamatsu, and Wayne Kim, who manned the booth all evening. Thanks to Dan and Ethel for donating the paper goods for the shaved ice.

Much thanks to Eddie Miwa for again reminding all club members about the event through the inter-

net and making arrangements for the shave ice concession with Gary Ogata. Eddie also made arrangements for a special magic performers, to entertain the children, who were fascinated by the close-up, participatory magic.



Also a special thanks to Liane Miwa for always coming out to help with the country store. Thanks to Greg Lee and Phil Chun for their donations to the country store

We were very pleased to see friends of the club Gary and Paulette Ogata, who arranged for the use of the shave ice machine and picked up the ice, and

(Continued on page 3)

HAPPENINGS

September

1-30

Foodland Give Aloha
 Program Code: 78017

14 Club meeting—RD visitation
 6:00 p.m. Kalihi YMCA
 Hosts: Wayne Kim, Phil Chun,
 Greg Lee, Jaunette Quiroz
 (bring your Program Service
 Recognition Report)

October

12 Club meeting
 24 BBQ Chicken Sale
 17 Regional Convention
 Planning Committee
 28 Metro Council Meeting

CELEBRATIONS

Happy Birthday!

August

18 Paulette Ogata
 25 Josh Heimowitz

September

17 Mei-Chih Chun
 19 Sunny Young
 24 Meigan Lacuesta

Happy Anniversary!

August

28 Dan and Ethel Takamatsu

Annual Chicken Sale

The Kalihi YMCA's annual BBQ Chicken Sale has been scheduled for Saturday, October 24, at the Kalihi YMCA. Pre-sale tickets have been distributed to all club members. Members are urged to sign up to help with the packaging on the distribution day. Sushi will also be on sale for \$5. ▼

International News



Yokohama Bay Bridge

Photo: Frielet/Sipa Press/Woodfin Camp and Associates, Inc.

From Our Hands, We Pass Nature's Torch is the theme for the 69th Y's Men International Convention. It will be held at the PACIFICO Yokohama convention complex in Yokohama, Japan, August 5-8, 2010. The convention theme will focus on ecological and sustainability issues. The Kalihi club received an invitation from Brother Club Sapporo-Kita to attend the event.

For more information go to the following web site (some pages still under construction):

<http://ic2010yokohama.web.fc2.com/>

For information specifically on the PACIFICO Yokohama convention complex, go to the following web site:

<http://www.pacifico.co.jp/english/index.html> ▼

Today's Thought

Help People to become their best. The most important thing is to get people to believe in themselves. The person who receives the least number of positive strokes is the one who truly needs them more than anyone else. The highest compliment anyone can give another human being is to expect the best of them, because you have such faith in what they can do. So help people

to become their best. Help people to continuously improve themselves; make them experience it; show them how to do it; and have them practice it till they know how. Help others to make their dreams come true. Keep telling people positive things for them to succeed.

*From "Ain't Life n Artichoke?"
by Dr. Linda Andrade Wheeler*

Give Aloha Program

Members are reminded that the Foodland Give Aloha Program will again take place during the month of September. All members are urged to participate by donating to the club through this program, and the club will be able to receiving matching amounts from Foodland. During the past year the club received over \$1,000 in matching donations. ▼

Area News

Phil Sammer, past Regional Director and member of the Central Club, was sworn in as the new U.S. Area President recently. Witnessing the event were Brad and Sharon Ishida, RD Elect Russ Lynch and RD Rick Lau.

It was announced that Kalihi received 2009 Area awards for World Service, Community Service, Staff Training, Camp, and Membership Service. ▼

Regional News

Duke Chung, chairman of the 2010 Regional Convention, has formed a planning committee composed of two members from each club. At its first meeting the committee decided to hold the next convention in Honolulu, rather than on Kauai or Las Vegas. Kalihi will join forces with Hilo to be responsible for the Convention Hospitality. Ethel Takamatsu and Phil Chun are Kalihi's representatives. The next meeting is scheduled for November 7 at the Kalihi YMCA.

The Mid Year Regional Cabinet meeting has been set for Saturday, November 21, at the Ilima Hotel.

RD Rick Lau released his club visitation schedule, and will visit Kalihi on September 14. ▼

Metro District News

The Metro District has scheduled its next meeting on Wednesday, October 28. The District is considering a Make a Difference Day project at Camp Erdman. The district Christmas party is scheduled for December 4, with the Windward Club planning the event. All club are urged to start collecting data on service hours for every member. ▼

laugh a little live longer

1. I had a New Hampshire Congresswoman (Carol Shea-Porter) ask for an aisle seat so that her hair wouldn't get messed up by being near the window. (On an airplane!)
2. I got a call from a Kansas Congressman's (Moore) staffer (Howard Bauleke), who wanted to go to Capetown. I started to explain the length of the flight and the passport information, and then he interrupted me with, "I'm not trying to make you look stupid, but Capetown is in Massachusetts." Without trying to make him look stupid, I calmly explained, "Cape Cod is in Massachusetts, Capetown is in Africa." His response: —*click*
3. A senior Vermont Congressman (Bernie Sanders) called, furious about a Florida package we did. I asked what was wrong with the vacation in Orlando. He said he was expecting an ocean-view room. I tried to explain that's not possible, since Orlando is in the middle of the state. He replied, "don't lie to me, I looked on the map and Florida is a very thin state!" (OMG)
4. I got a call from a lawmaker's wife (Landra Reid) who asked, "Is it possible to see England from Canada? I said, "No". She said, "But they look so close on the map." (OMG, again)
5. An aide for a cabinet member (Janet Napolitano) once called and asked if he could rent a car in Dallas. I pulled up the reservation and noticed he had only a 1-hour layover in Dallas. When

Excerpts from a DC Airline Ticket Agent

I asked him why he wanted to rent a car, he said, "I heard Dallas was a big airport, and we will need a car to drive between gates to save time." (Arghhh)

6. An Illinois Congresswoman (Jan Schakowsky) called last week. She needed to know how it was possible that her flight from Detroit let at 8:30 a.m. and got to Chicago at 8:33 a.m. I explained that Michigan was an hour ahead of Illinois, but she couldn't understand the concept of time zones. Finally, I told her the plane went fast and she bought that.
7. A New York lawmaker, (Jerrold Nadler) called and asked, "Do airlines put your physical description on your bag so they know whose luggage belongs to whom?" I said, "no, why do you ask?" He replied, "Well, when I checked in with the airline. they put a tag on my luggage that said (FAT), and I'm overweight. I think that's very rude!" After putting him on hold for a minute, while I looked into it, (I was dying laughing), I came back and explained the city code for Fresno, California is FAT-Fresno Air Terminal, and the airline was just putting a destination tag on his luggage.
8. A Senator John Kerry aide (Lindsay Ross) called to inquire about a trip package to Hawaii. After going over all the cost info, she asked, "Would it be cheaper to fly to California and then take a train to Hawaii?"

(Continued on page 4)

Carnival (continued from page 1)



Children are fascinated by close-up magic.

also Ray Takeshita, who made a cash donation, to help club members with this annual event.

New club and Y staff members Tony Pfaltzgraff and wife Charlene Young, Erin Berhman, Dave Endo, Ron Okimoto, Charlee Malott, Dave Endo and Juanette Quiroz were busy all day and night in various roles, while also contributing items for the Carnival.

During the evening the YMCA participants and family members honored Ron Okimoto, as he will be leaving the Kalihi YMCA for a position at Nuuanu YMCA. It was also announced that Dave Endo, a veteran of over 20 years in youth work, will replace Ron in directing the Branch's youth work programs. ▼



Liane Miwa and Sally Wong count ticket receipts at the end of the night.

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

Send your articles to:
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Here's To Your Health

12 things you can do in under five minutes each to improve your health

by Harold Bloomfield, MD, psychiatrist, co-author of *The Power of 5*

1. **Inhale an energizing scent.** Research suggests that lemon and peppermint scents are energizing. Have some lemon or peppermint tea. Other energizing scents include pine, jasmine, lavender or orange.
2. **Sip Ice Water.** Start the day with 8 oz of ice water. Sip 16 oz every hour or two. Finish by 7 p.m.
3. **Practice "One Breath" meditation.** Sit in a comfortable chair. Straighten your back, relax your shoulders and take a deep breath. Let the air "open" your chest. Imagine it filling every cell of your body. Hold the breath for a moment, then exhale, releasing every bit of tension.
4. **Minimize noise** at home and at work.
5. **Bask in bright light.** Most people get a powerful surge of energy from sunlight or bright indoor light. Take a five minute walk outdoors every few hours, or move your desk or chair near a window.
6. **Do Abdominal Exercise.** Use this technique while sitting at your desk or while stuck in traffic. Sit up straight. Place hands back. Exhale slowly and completely, pushing the last bit of air out forcefully with your lower abdominals.
7. **Perform mental "cross-training".** This is the process by which you "stretch" your mind in as many different directions as possible by engaging in a variety of mental and physical activities..
8. **Cook with "nutriceuticals".** These are vegetables, herbs and spices with special healing properties. Garlic and Onions boost immune systems, help prevent colds. Basil, cumin and tumeric help prevent cancer of the bladder and prostate. Black pepper, jalapenos, mustard and hot red peppers all boost your metabolism for several hours, helping to burn fat. Cinnamon helps metabolize sugar, keeping blood levels steady.
9. **Check your reading posture.** Poor posture like leaning over a desk, can cause tension headaches, vision problems and pain in the jaw and/or neck. Bring reading material up to your field of vision, use a book stand to hold book at proper angle. Use a headset if you use a telephone a lot.
10. **Do Trigger-point therapy.** Whenever you feel tense, feel for a tight band of muscle tissue—a trigger point. Press or squeeze it with light to moderate pressure for five to 10 seconds, then release.
11. **Curb indoor pollution.** Whenever possible, keep your windows open. Use exhaust fans. Be smoke free.
12. **Do absolutely nothing.** The idea is to escape the rat race briefly—but completely. Take a 5 minute "mental vacation" every few hours.

Laugh *(continued from page 3)*

9. I just got off the phone with a freshman Congressman, (Bobby Bright, Alabama) who asked, "How do I know which plane to get on?" I asked him what exactly he meant. To which he replied, "I was told my flight number is 823, but none of these planes have numbers on them."
10. Senator Dianne Feinstein called and said, "I need to fly to Pepsi-Cola, Florida. Do I have to get on one of those little computer planes?" I asked if she meant fly to Pensacola, Florida, on a commuter plane. She said, "Yeah, whatever, smarty!"
11. Mary Landrieu, a La. Senator called and had a question about the documents she needed in order to fly to China. After a lengthy discussion about passports, I reminded her that she needed a visa. "Oh, no I don't. I've been to China many times and never had to have one of those." I double checked and sure enough, her stay required a visa. When I told her this she said, "Look, I've been to China four times and every time they have accepted my American Express."
12. A New Jersey Congressman (John Adler) called to make reservations. "I want to go from Chicago to Rhino, New York." I was at a loss for words. Finally I said, "Are you sure that's the name of the town?" "Yes, what flights do you have?" replied the man. After some searching, I came back with, "I'm sorry, sir, I've looked up every airport code in the country and can't find Rhino anywhere." The man retorted, "Oh, don't be silly! Everyone knows where it is. Check your map!" So I scoured a map of the state of New York and finally offered, "You don't mean Buffalo, do you?" The reply? "Whatever! I knew it was a big animal."