



Great Caroling Project Turnout



Above (center): Ray, Iris and Lynn (Takeshita's) mother, a resident of Avalon Care Center, enjoyed the caroling by club members. **Below:** Carolers led by Phil Chun. **Lower right:** Greg Lee and Dave Endo.

The annual caroling this year had enthusiastic and lively singing at the Avalon Care Center and the Liliha Health Center this year, thanks to a great turnout and an additional musical accompaniment. Dave Endo, our new club member, playing guitar, and his daughter, Danielle playing the flute, joined our regular guitarist, Jeff Lau in providing the musical accompaniment this year, and helped make the singing much better.

The Takeshita family was well represented—Ray Takeshita and sisters Iris and Lynn and her family. Their mother is now a patient at Avalon, and they came to sing for her. Other guests included Marjorie Kim's parents and Gary and Paulette Ogata.

Besides those mentioned above, our enthusiastic singers included Bev and Dick Wong, Sally and Willie Wong, Greg Lee, Phil and Mei-Chih Chun, Wayne and Marjorie Kim, Eddie and Liane Miwa, Erin Berhman, Ron Okimoto, Charlee Malott, Tony Pfaltzgraff and Charlene Young, Dan and Ethel Takamatsu, and Juanette Quiroz.

The patients at Avalon and Liliha Centers were very responsive and appreciative of our efforts. They all received garlands and gifts from the club. The Kleenex boxes were



HAPPENINGS

December

- 4** Metro District Christmas Party
6:30 p.m. Kalihi YMCA
- 6** Christmas Caroling
- 18** Pearl Harbor Christmas Lights Boat Tour
- 25** MERRY CHRISTMAS

January

- 1** HAPPY NEW YEAR

CELEBRATIONS

Happy Birthday!

November

- 11** Jaunette Quiroz
- 13** Beverly Wong
- 15** Ron Okimoto
- 16** Norma Young
- 20** Liane Miwa

December

- 12** Phil Chun
- 13** Charlotte Malott

Happy Anniversary!

November

- 8** Sunny & Norma Young



provided by Ethel Takamatsu and Eddie Miwa, and all members made the tinsel garlands.

Much thanks again to all who participated and to Eddie Miwa, who again coordinated the whole event. ▼

Metro District Christmas Party



Over 50 members and family attended the Christmas party this year with every club in the District participating. Guests were greeted with a good luck lei as they entered the Activity Room at the Kalihi YMCA. The room was set up and decorated with a Christmas Tree and very pretty table cloths and table decorations by members of the Kalihi club.

It was a great time for all those present to renew old friendships and to meet new friends.

After the opening prayer by Regional Director Rick Lau, those present were treated to a Chinese dinner and home made desserts provided by the Windward Club, followed by games and singing. In lieu of “grab bag” gifts, several clubs collected contributions from their respective members that

would be donated to designated needy families for Christmas.

The games were enjoyed by all, including the jan ken po contest started last year. This year this was won by Mei-Chih Chun of Kalihi. Last year it was won by Beverly Wong, also of Kalihi. The singing of Christmas carols was a fun event, with Windward’s Jimmy Kanehira’s enthusiastic and entertaining song leading.

Much thanks to Joe-Ann McCarthy and the Windward Club for putting on the party this year, and much thanks to Erin Berhman, Fitness Director and Tony Pfaltzgraff, Executive Director of Kalihi Y for providing the use of the Kalihi Y facilities, including canceling the Fitness Center that evening so there would be enough parking for everyone. ▼

Kalihi YMCA News

by Tony Pfaltzgraff

It’s amazing how quickly the end of the year arrives. Looking back over 2009, it’s clear that this year has been a challenging one for the Kalihi YMCA as, among other things, we have had to absorb cuts to government contracts, deal with planning for Furlough Fridays, and face uncertainty about future funding. One thing that has become more evident in recent months is that our future success depends on our ability to work closely with a variety of community partners. The Kalihi YMCA can meet many of the needs of children and teens, but we will always

need to reach out for help to individuals, businesses and other organizations. 2009 was an opportunity to reconsider and relearn this message yet again.

I know my colleagues at the Kalihi Y feel as I do that our relationships with Y’s Men and Women club members support and sustain us as we face our challenges. Your friendship, your commitment and your hard work are an inspiration to us, and we thank you for all of your help.

Blessings and good health to you and your families during the holidays. ▼

laugh a little **live longer**

Funny Signs

At a Santa Fe gas station:

“We will sell gasoline to anyone in a glass container.”

On the wall of a Baltimore estate:

“Trespassers will be prosecuted to the full extent of the law.
—Sisters of Mercy

On a long-established New Mexico dry cleaners:

“38 years on the same spot.”

In a Los Angeles dance hall:

“Good clean dancing every night but Sunday.”

In a Florida maternity ward:

“No children allowed.”

In a New York drugstore:

“We dispense with accuracy.”

In the offices of a loan company:

“Ask about our plans for owning your home.”

In a New York Medical Building:

“Mental Health Prevention Center.”

On a New York convalescent

home: “For the sick and tired of the Episcopal Church.”

On a Maine shop:

“Our motto is to give our customers the lowest possible prices, and workmanship.”

At a number of military bases:

“Restricted to unauthorized personnel.”

On a display of “I love you only”

Valentine cards: “Now available in multi-packs.”

In the window of a Kentucky

appliance store: “Don’t kill your wife. Let our washing machine do the dirty work.”

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The Tablecloth

The brand new pastor and his wife, newly assigned to their first ministry, to reopen church in suburban Brooklyn, arrived early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve.

They worked hard, repairing pews, plastering walls, painting, etc. and on December 18, were ahead of schedule and just about finished. On December 19 a terrible tempest a driving rain-storm hit the area and lasted for two days.

On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high.

The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home. On the way he noticed that a local business was having a flea market type sale for charity, so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover the hole in the front

wall. He bought it and headed back to the church.

By this time it had started to snow. An older woman running from the opposite direction was trying to catch a bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later.

She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area. Then he noticed the woman walking down the center aisle. Her face was like a sheet. "Pastor", she asked, "where did you get that tablecloth?" The pastor explained. The woman asked him to check the lower right corner to see if the initials were crocheted into it there. There were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten "The Tablecloth". The woman explained that before the war she and her husband were well-to-do people in Austria. When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. He was captured, sent to prison and she never saw her husband or her home again.

The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home. That was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service,

laugh a little

Continued from page 2

In a clothing store: "Wonderful bargains for men with 16 and 17 necks."

Outside a country shop: "We buy junk and sell antiques."

On the grounds of a public school: "No trespassing without permission."

On a Tennessee highway: "When this sign is under water, this road is impassable."

In a Pennsylvania cemetery: "Persons are prohibited from picking flowers from any but their own graves."

In the window of an Oregon store: "Why go elsewhere and be cheated when you can come here?"

In an office: "Toilet out of order—please use floor below."

Outside a secondhand shop: "We exchange anything. Bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?"

Notice on a farmer's field: "The farmer allows walkers to cross the field for free, but the bull charges."

the pastor and his wife greeted everyone at the door and many said they would return. One older man, whom the pastor recognized from the neighborhood, continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving.

The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike?

Continued on page 4

Here's to Your Health

Cold, Swine Flu, Seasonal Flu— What's the Difference?

SYMPTOM	COLD	SWINE FLU (N1H1)	SEASONAL FLU
FEVER	rare	usually present (101 °F)	common
COUGHING	hacking, mucus producing	non mucus producing	dry, hacking cough
ACHES	slight body aches	severe aches	moderate aches
STUFFY NOSE	common, but resolves in 1 wk	not common	runny nose
CHILLS	uncommon	60% have chills	mild–moderate
FATIGUE	mild	moderate–severe	moderate
SNEEZING	common	not common	common
ONSET OF SYMPTOMS	a few days	rapid (3–6 hours)	a few days
HEADACHE	uncommon	very common	common
SORE THROAT	present	not common	common
CHEST DISCOMFORT	mild–moderate	severe	moderate

FOR MORE INFORMATION on the web go to www.flu.gov or to the Centers for Disease Control and Prevention web site at www.cdc.gov/h1n1flu.

The Tablecloth *Continued from page 3*

He told the pastor how the Nazis came, how he forced his wife to flee for her safety and he was supposed to follow her, but he was arrested and put in prison. He never saw his wife or his home again all the 35 years between.

The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier. He helped the man climb the three

flights of stairs to the woman's apartment, knocked on the door and he saw the greatest Christmas reunion he could ever imagine. ▼

This story was originally submitted by **Pastor Rob Reid** of Saint Michaels Church, Brooklyn, New York. The story first appeared in publication in the December 1954 issue of *Reader's Digest*, titled "The Ivory and Gold Tablecloth," written by the **Rev. Howard C. Schade** (1908–1989), pastor of the First Reformed Church in Nyack, New York.

Lawn Clearing Project

Club Rakes In \$520

Word is getting around that the Kalihi Y's Men and Women do a great job in cleaning house and doing yard work. Another job, this time clearing a lawn of weeds and vegetation, was completed over a span of several days, at Cynthia Lai's home in Salt Lake. Due to other commitments, several regulars could not help out, so Dick and Bev Wong, completed the work. Due to some miscommunication, only one portion of the lawn was completed, but the owner had wanted the entire yard done. So after a day and a half of work, the main section was completed, and the other sections of yard took another day and a half. On top of the original \$300 donation, the club received an additional \$150, plus \$50 for lunch. Bev, Dick and Phil also received some large pomelo (jabong) fruit. The clearing of the lawn was done in preparation for laying a gravel surface, work that the Y's Men and Women may also do.

At the end of the work, a small patch of weeds in the sidewalk area of the neighbor's house was also cleared for another \$20. ▼

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

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Metro Christmas Party 2009 Kalihi YMCA, Friday, December 4

Row 1, l-r: Juanette Quiroz; Alissa Taniguchi, Ron Okimoto and daughter; Charlee Malott and Tony Pfaltzgraff



Row 2, l-r: Dan and Ethel Takamatsu, Ron Okimoto; song leader Jimmy Kaneshiro; Jimmy losing to Ron Okimoto's daughter playing *jung ken po*



Row 3, l-r: Linda and Duke Chung; Russ Lynch and Ray Seto; *junk ken po* winner, Mei-Chih Chun

Lower left, clockwise from top left: Phil Sammer, Rick Lau, Ken Kadomoto, James Wong, Walter and Dorothy Osakoda, Bill Stone



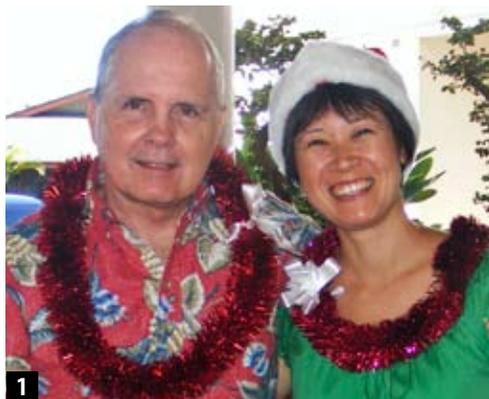
Racing to complete a difficult Christmas quiz. **Above, seated, l-r:** [unidentified], Alissa Taniguchi, Marge and Wayne Kim. **Standing, l-r:** Jack and Joe-Ann McCarthy, Erin Berhman



Christmas Caroling

2009 Avalon Care Center and Liliha Health Center, Sunday, December 6

(1) Tony Pfaltzgraff and Lynn Yamada,
 (2) Dan Takamatsu, Dick Wong and Willie Wong,
 (3) Eddie Miwa and unidentified woman,
 (4) Erin Berhman, (5) Gary Ogata, (6) Ron Okimoto,
 (7) Bev Wong, (8) carolers pass out gifts to Liliha Heath Center residents



1



2



3



4



8



5



6



7



9



10



11

(9) Kayla Malott, Charlee Malott, Juanette Quiroz, (10) Dave Endo, (11) Ray Takeshita, (12) carolers sing Jingle Bell Rock at Avalon Center, (13) musicians Dave Endo, Danielle Endo and Jeff Lau



12



13