



2011 Annual Support Campaign Kick Off

January 27, 2011



The Kalihi YMCA staff organized this year's Annual Support Campaign around the theme “We've Got a Story to Tell”. Kalihi Y Service Club members will again field a campaign team, with president Jaunette Quiroz serving as team captain. Team members will be Phil Chun, Bev and Dick Wong, Eddie Miwa, Wayne Kim, Greg Lee, Ethel Takamatsu, Charlee Malott and Tony Pfaltzgraff. Other club members assisting with the campaign, but serving on the Kalihi Y Board teams will be Dan Takamatsu, Dave Endo, and Tom Kusatsu, while Erin Berhman and

Ron Okimoto will be helping Nuuanu Branch and Sunny Young helping Camp Branch.

Club members have also agreed to help coordinate a special event for the campaign. This will be a Casino Night program scheduled for March 25th at the Kalihi YMCA. Worker's kits were distributed at the kick off luau dinner and volunteer campaign



Charlee Malott

Above: **Annie Perez, Fitness Leader, spoke on how her YMCA experiences have helped her.**

Above left (L-R): **Randall Chun, Dick Wong, Sue-Ann Endo, Bev Wong and Dave Endo listen intently to ASC speakers.**

workers were urged to bring in new contributors in order to reach this year's goal of 1,000 donors for \$85,000.

This year's campaign is especially important as the Y expects reduced government subsidies for their youth outreach programs. ▼

CALENDAR

February

- 12 Work Project
3450 Ala Ilima, 8:30 am
- 14 Happy Valentine Day
- 19 20th Anniversary Dinner
Wah Kung Restaurant, 6 pm

March

- 19 ASC Casino Nite
Kalihi YMCA, 6:00 pm

- 25 Metro District
Endowment Dinner &
New Member Induction
Japanese Cultural Center

April

- 16 YMCA Healthy Kids Day
Bishop Museum

June

- 30 Sapporo-Kita Brother Club
30th Anniversary

CELEBRATIONS

Happy Birthday!

January

- 26 Wayne Kim

February

- 17 Dan Takamatsu

Happy Anniversary!

February

- 27 Phil and Mei-Chih Chun

Kalihi Club News Briefs

Foodland Give Aloha Program Totals Announced

Foodland Super Markets announced that the Kalihi Y's Men's and Women's Club received \$5,950 from club member donations. This was matched with donations from Foodland (\$768.54) and Western Union (\$226.24), making a total gift of \$6,944.78 from the Give Aloha Program.

Much thanks to all members who donated to the program!

20th Anniversary Dinner Planned

The Kalihi Y's Men's and Women's Club, which now will be known as the Kalihi Y Service Club, will celebrate its 20th anniversary on Saturday, February 19th with a dinner at the Wah Kung Chinese Restaurant in Mapunapuna. The club was

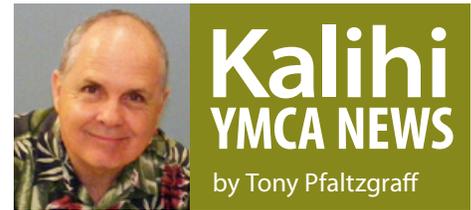
officially installed on January 19, 1991, with its founder, Ray Takeshita serving as the club's first president. The event will replace the regular club meeting previously scheduled for February 14.

New Club Shirts Look Great

Thanks to Bev Wong, the new club shirts were passed out the January meeting. Two types of shirts, polo and tee, were made this year with our new club name and International Y's Men's logo sewn on.

Dave Endo Ties the Knot!

Congratulations to Dave Endo, who got married to Sue Ann Kauanui earlier this January. Some of you may have met her at the recent Metro Christmas party in December. ▼



As the Kalihi Y begins its 65th year of operation, there is an opportunity to look at how Y has managed to serve the community so effectively for so long. Thousands of children and teens, and now many adults, have been able to learn and grow through Y programs. A good part of our success has been a result of dedicated, focused staff members who have worked determinedly to create positive relationships with program participants.

Lately, I've been thinking of another important factor in the Kalihi Y's success, and that is all of the volunteers who have helped in so many different ways. At this time of the year, the majority of our volunteers help to launch the Annual Support Campaign (ASC) that will raise funds to sustain a number of our programs. The Kalihi Y's Men's and Women's club is always an important part of our ASC success. It is exciting to work with each of you on the campaign, particularly as the money raised helps us with scholarships and program support. ▼

Here's to Your Health!

Super Foods

by the editor's of *Men's Health*

- 1. Almonds**—These energy-rich snacks lower bad cholesterol, thanks to plant sterols and benefit diabetics by lowering blood sugar. They're also rich in amino acids, which bolster testosterone levels and muscle growth. Almonds are also stuffed with vitamin E, which helps defend against sun damage.
- 2. Flaxseeds**—Rich in protein and fiber, these little seeds offer a payload of omega-3 fatty acids, which erase spots and iron out fine lines in the skin.
- 3. Tomatoes**—There are two things you need to know about tomatoes: red are the best because they're packed with more of the antioxidant lycopene; and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Studies show that a diet rich in lycopene can decrease your risk of bladder, lung, prostate, skin and stomach cancers, as well as reduce the risk of coronary artery disease. Cooked tomatoes and tomato paste work best.
- 4. Sweet Potatoes**—Often confused with yams, these tubers are one of the healthiest foods on the planet. In addition to countering the effects of secondhand smoke and preventing diabetes, sweet potatoes contain glutathione, and antioxidant that can enhance nutrient metabolism and immune-system health, as well as protect against Alzheimer's, Parkinson's, liver disease, cystic fibrosis, HIV, cancer heart attack and stroke. What's more they're also loaded with vitamin C.
- 5. Spinach**—It may be green and leafy, but spinach, renowned muscle builder, is also the ultimate man food. The heart-health equivalent of a first-ballot Hall of Famer, spinach is replete with the essential minerals potassium and magnesium and it's one of the top sources of lutein, and antioxidant that may help prevent clogged arteries. Plus its vitamins and nutrients can bolster bone-mineral density, attack prostate cancer cells, reduce the risk of skin tumors, fight colon cancer and last but not least, increase blood flow to the penis.

Today's Thought

Successful people are committed to ongoing learning and growth. They give back by teaching and helping others. They know that when they teach others, they learn even more intensely about the subject they are teaching. People who help others become better learners, experience growth themselves.

— from *Ain't Live an Artichoke?*,
by Dr. Linda A. Wheeler

Laugh a Little, Live Longer

Church Ladies

Thank God for church ladies with typewriters. The following announcements actually appeared in church bulletins or were orally given at church services.

THE FASTING & PRAYER CONFERENCE INCLUDES MEALS.

THE SERMON THIS MORNING: "JESUS WALKS"

THE SERMON THIS EVENING: "SEARCHING FOR JESUS"

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community.

Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off—let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What the Hell?' Come early and hear the choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 p.m. — prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 pm there will be a hymn singing in the park across from the church. Bring a blanket and come prepared to sin.

Ladies Bible study will be held Thursday morning at 10 a.m. . All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7PM. Please use the back door.

The eighth graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7PM at the First Presbyterian Church. Please use large double door at the side entrance.

The Associate Minister unveiled the church's new campaign slogan last Sunday: "I upped My Pledge—Up Yours"

Metro District News

The Metro District Endowment Dinner and new Member Induction has been scheduled for March 25, at the Japanese Cultural Center. Cost will be \$30 per person. The Kalihi Club's Golden Book honoree will be Renee Guillermo, Kalihi YMCA staff. Kalihi will assist in decorating the banquet hall. ▼

Regional News

The Regional Convention registration forms will be sent out early February for the Hilo convention. The Kalihi Club will be responsible for the Convention Booklet. ▼

International News

Brother Club Sapporo-kita will be celebrating its 30th anniversary in June of this year and has asked that our club send representatives to help celebrate the event. ▼

Photo Rewind <<



Christmas carolers Juanette Quiroz (right) and cousin Kayla Malott.

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 Street
Honolulu, HI 96819

Bulletin Editor: Phil Chun
Design & Production: Randall Chun

