



A New Brick Walkway Enjoyed by the Chuns

Saturday, May 7



PHOTO COURTESY OF RANDALL CHUN

Dan Takamatsu carefully levels surface of sand before laying bricks.

Phil Chun received three phone calls from project crew members asking whether the walkway project on Phil’s property was still on. “Yes, it was still on,” said Phil, crossing his fingers wishing the rain would stop. As it turned out, the sky was overcast, but no rain fell until the walkway was nearly completed. Now Phil’s wife, Mei-Chih, can walk a safer path on her visits to daughter Susie Chun Oakland and her family next door.

The project was postponed for two weeks because the sand was not delivered on schedule due to a misplaced

order at Ameron. During that two-week period, Phil spent a few hours each day clearing and excavating the 4" x 36" x 40' path. As a result, the crew had only to spend a day of laying sand and brick, avoiding an additional day of labor.

Much thanks to our #1 work crew: Dan Takamatsu, the master bricklayer; Wayne Kim, who carted sand and customized brick shapes with hacksaw, slege hammer and chisel; Dick Wong, who shoveled sand and tamped down the sand bed; and Eddie Miwa and Bev Wong, who carried bricks as well as shoveled sand. ▼

HAPPENINGS

May

13 Kalihi YMCA Annual Endowment Fund Golf Tournament

14–15 Hawaiian Regional Convention
 Hilo Hawaiian Hotel

June

4 Military Appreciation Day
 Honolulu Zoo, 9 am–2 pm

CELEBRATIONS

Happy Birthday!

April

16 Iris Lee

Happy Anniversary!

April

14 Charlee & Bert Malott

May

19 Eddie & Liane Miwa



PHOTO COURTESY OF RANDALL CHUN

Wayne Kim cuts bricks with a hacksaw.

Kalihi Club Sponsors Casino Nite for ASC

Saturday, March 19

Thanks to Kalihi Club members, the Kalihi YMCA’s 2011 Annual Support Campaign (ASC) was \$1,300 nearer in reaching its goal of \$85,000. With an exceptional turnout of 71, the Casino Nite was a great success. Much thanks to Ethel Takamatsu and Bev Wong who cooked the spaghetti, Dick Wong brought boiled peanuts and all the rest of the members who helped bring the

rest of the food. There was more than enough desserts, so some of them even ended up being auctioned off.

There was much shouting during the games, as everyone was having great fun. Added to the usual craps, poker, horse racing and roulette were black jack, war and connect. The new games provided more variety and fun for everyone.

Dave Endo (black jack), Dick Wong (craps), Wayne Kim (poker), Keoki Malott (connect), Francisco Baca (roulette), Greg Lee (horse racing) and Chris Dumlao (war), deserve a hand for running the games. A special thanks to Dave and Sue Ann Endo for picking up and returning game equipment from Dick Wong’s and Phil Chun’s homes.



Kalihi YMCA NEWS

by Tony Pfaltzgraff

Kalihi Y Reaches \$85,000 ASC Goal

Tony Pfaltzgraff announced at the May 9 Kalihi Club meeting that the Branch has reached its ASC goal of \$85,000. Much thanks to all who participated in the campaign. The Kalihi Y's Men's team enrolled 90 members for \$17,427. In addition, 3 members served on the general campaign teams, raising an additional 6 members for \$4,150. Thus, the total raised by Club members for the Kalihi Branch was 96 members for \$21,577, or 10% of the member goal and 25% of the money goal. This does not include the \$1,300 raised from the Casino Nite.

Hardly a day goes by without a frightening story in the media outlining the rise in gas prices, cuts to human services or other signs of the challenges going on around us. It is important in this time of economic doom and gloom to not lose sight of what is going well for the Kalihi YMCA. As much as fundraising is harder this year, the Kalihi Y will raise more than \$80,000 from the Annual Support Campaign, we will also receive almost \$50,000 from the Henry Wong Foundation and the Friends of Hawaii Charities, and we will net more than \$25,000 from our annual golf tournament.

All of the donations we receive help us provide scholarships for children, teens and adults to take part in Kalihi YMCA programs. The donations also make it possible for us to develop new program initiatives. It would be very difficult to raise the amounts of money we do without the support of the volunteers like the Y's Men and Women's Club members who call friends, family and business associates and ask for donations to ASC. We also could not run an efficient and successful golf tournament without the time and energy that club members give to ensure that golfers are registered and sent on their way at the tournament.

Times are challenging in Hawaii, but staff at the Kalihi Y is very thankful for the generous support that each of you gives to us. ▼

The following are Kalihi Club team member results:

Juanette Quiroz, <i>Captain</i>	10m.	\$ 472.00
Phil Chun	34m.	5,840.00
Wayne Kim	7m.	475.00
Greg Lee	2m.	250.00
Charlee Malott	11m.	2,310.00
Eddie Miwa	5m.	260.00
Tony Pfaltzgraff	7m.	4,760.00
Ethel Takamatsu	7m.	355.00
Dick Wong	7m.	2,705.00
TOTALS	90m	\$17,427.00

In addition, three members served on the Kalihi general teams:

Dan Takamatsu	3m.	\$3,400.00
Dave Endo	2m.	250.00
Tom Kusatsu	1m.	500.00
TOTALS	6m	\$4,150.00

Two other members served with other branch campaigns:

Sunny Young (Camp)	15m.	\$2,530.00
Erin Berhman (Nuuanu)	118m.	9,178.00
TOTALS	133m	\$11,708.00

Kalihi Club Members raised a grand total of **\$33,285** from **229** members for the 2011 YMCA of Honolulu Annual Support Campaign. **GREAT JOB!**

Casino Night for Kalihi ASC *Continued from page 1*

The entertaining auction was again led by Tony Pfaltzgraff and Greg Lee, with help from Juanette Quiroz and Keoki Malott. Eddie Miwa and Sunny Young kept track of the sales and collected payments. There were many great auction items donated by club members and staff. Some very competitive bidding were made for items such as potted orchids, a roll of golden Lincoln U.S. dollar coins, a microwave oven, fishing gear, pottery, glassware, coolers, and desserts. Many thanks to everyone who donated food and auction items.

Charlee Malott and Leann Dumlao did a great job as cashiers, while Ethel Takamatsu and Bev Wong helped set minimum bid amounts for the auction items. Mahalo also to all those who came early to help set up the room.

The Y staff did a great job in bringing out supporters to attend this event. Also present to give their support were Club members from Nuuanu (Maurice Shimonishi, Jimmy Ouchi and Albert Lee), Central (Garrett Ho) and West Oahu (Linda and Duke Chung).

Kalihi Club members present were Sunny Young, Phil Chun, Bev and Dick Wong, Erin Berhman, Dan and Ethel Takamatsu and Greg Lee. Members who brought spouses or guests included Dave Endo and wife Sue Ann, Juanette Quiroz and friend Francisco Baca, Charlee Malott and husband Bert, Wayne Kim and wife Marjorie, Tony Pfaltzgraff and wife Charlene. Former member Sally Wong also came out to support the project. ▼

Metro District Clubs Raise \$762 from Shave Ice

Saturday, April 16



PHOTO COURTESY OF RUSS LYNCH

Families sit on the lawn to enjoy lunch and shave ice during Healthy Kids Day.

Lines were four or five deep at the Metro Y's Men Shave Ice Booth situated next to the roaring dinosaur. With four ice machines going full blast, Y's Men and Women from all the district clubs made shave ice as fast as they could at the YMCA's **Healthy Kids Day** event held on the grounds of the Bishop Museum. The grounds were packed with families attending the event, and many of them came for shave ice. In fact the shave ice were sold out just before 1 p.m., an hour before the event closed.

There was great entertainment, lots of game and information booths to keep children active, and food booths, including the Y's Men and Women's shave ice stand.

Y's Men not only helped sell shave ice, but also helped with the entertain-

Serving shave ice are (L-R) Ethel Takamatsu, Bev Wong and Harold Kuwahara (Nuuanu).

ment, parking, volunteer lunch room, and set up and clean up crews.

Much thanks to all who participated in this very successful event. President Juanette Quiroz helped at the teen activities booth, Erin Berhman assisted at the entertainment booth, Charlee Malott was at the volunteer booth, while Ron Okimoto helped at the youth games tent. Assisting with the shave ice tent were Eddie and Liane Miwa, Bev and Dick Wong, Phil Chun, and Dan and Ethel Takamatsu, who stayed all day. Special thanks to Gary Ogata for procuring the shave ice machine and for staying the whole day making shave ice. Mahalo to Eddie Miwa for getting the word out to everyone. ▼



PHOTO COURTESY OF RUSS LYNCH

Today's Thought

God vs. Science

"Let me explain the problem science has with religion." The atheist professor of philosophy pauses before his class and then asks one of his new students to stand. "You're a Christian, aren't you, son?" "Yes sir," the student says. "So you believe in God?" "Absolutely". "Is God Good?" "Sure! God's good." "Is God all-powerful?" "Yes." "Are you good or evil?" "The Bible says I'm evil."

The professor grins knowingly. "Aha. The Bible." He considers for a moment. "Here's one for you. Let's say there's a sick person over here and you can cure him. You can do it. Would you help him? Would you try?" "Yes sir. I would." "So you're good..." "I wouldn't say that." "But why not say that? You'd help a sick and maimed person if you could. Most of us would if we could. But God doesn't."

The student does not answer, so the professor continues. "He doesn't, does he? My brother was a Christian who died of cancer, even though he prayed to Jesus to heal him. How is this Jesus good? Can you answer that one?" The student remains silent. "No, you can't, can you? Let's start again, young fella. Is God good?"

"Er, yes," the student says. "Is Satan good?" The student doesn't hesitate on this one. "No." "Then where does Satan come from?" The student falters. "From God." "That's right. God made Satan, didn't he? Tell me, son. Is there evil in this world?" "Yes sir." "Evil's everywhere, isn't it? And God did make everything, correct?" "Yes." "So who created evil? If God created everything, then God created evil, since evil exists, and according to the principle that our

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works define who we are, then God is evil.” Again, the student had no answer. “Is there sickness? Immorality? Hatred? Ugliness? All these terrible things. Do they exist in this world? “Yes.” “So who created them?”

The student does not answer again, so the professor repeats his question. “Who created them?” There was still no answer. Suddenly the lecturer breaks away to pace in front of the classroom. The class is mesmerized. “Tell me”, he continues onto another student. “Do you believe in Jesus Christ, son?” “Yes, professor, I do.” The old man stops pacing. “Science says you have five senses you use to identify and observe the world around you. Have you ever seen Jesus?” “No sir, I’ve never seen Him.” “Then tell us if you’ve ever heard your Jesus?” “No, sir, I’m afraid I haven’t.” “Yet you still believe in him?” “Yes.” According to the rules of empirical, testable, demonstrable protocol, science says your God doesn’t exist. What do you say to that, son? “Nothing, I only have faith.” “Yes, faith”, the professor repeats. “And that is the problem

science has with God. There is no evidence, only faith.” The student stands quietly for a moment, before asking a question of his own. “Professor, is there such a thing as heart?” “Yes.” “And is there such a thing as cold?” “Yes, son, there cold too.” “No sir, there isn’t”

The professor turns to face the student, obviously interested. The room suddenly becomes very quiet. The student begins to explain. “You can have lots of heat, even more heat, super-heat, mega-heat, unlimited heat, white heat, a little heat or no heat, but we don’t have anything called ‘cold’. We can get down to 458 degrees below zero, which is no heat, but we can’t go any further after that. There is no such thing as cold; otherwise we would be able to go colder than the lowest -458 degrees. Every body or object is susceptible to study when it has or transmits energy and heat is what makes a body or matter have or transmit energy. Absolute zero (-458°F) is the total absence of heat. You see, sir, cold is only a word we use to describe the absence of heat. We cannot measure cold. Heat we can

measure in thermal units because heat is energy. Cold is not the opposite of heat, sir, just the absence of it.” Silence across the room.. “What about darkness, professor. Is there such a thing as darkness?” “Yes, “ the professor replies without hesitation. “What is night if it isn’t darkness?” “You’re wrong again, sir. Darkness is not something; it is the absence of something. You can have low light, normal light, bright light, flashing light, but if you have no light constantly you have nothing and it’s called darkness, isn’t it? That’s the meaning we use to define the word. In reality, darkness isn’t. If it were, you would be able to make darkness darker, wouldn’t you?” The professor begins to smile at the student in front of him. This will be a good semester. “So what point are you making, young man?”

“Yes, professor. My point is, your philosophical premise is flawed to start with, and so your conclusion must also be flawed.” The professor’s face cannot hide his surprise this time. “Flawed? Can you explain how?” “You are working on the premise of duality,” the student explains. “You argue that there is life and then there’s death; a good God and a bad God. You are viewing the concept of God as something finite, something we can measure. Sir, science can’t even explain a thought.” “It uses electricity and magnetism, but has never seen much less fully understood either one. To view death as the opposite of life is to be ignorant of the fact that death cannot exist as a substantive thing. Death is not the opposite of life, just the absence of it. Now tell me, professor, do you teach your students that they evolved from a monkey?” “If you are referring to the natural evolutionary process, young man, yes, of course I do.” “Have you ever observed evolution with your own eyes, sir?” The professor begins

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Here's to Your Health!

Daily Drink of Diet Soda: Bad Low-dose Aspirin for Cancer Prevention: Good

People who drink diet soda have a higher risk for stroke and heart attack, reports Hannah E. Gardner, ScD. Recent finding: People who drank diet soda every day were nearly 50% more likely to have a vascular event, such as a stroke, even after accounting for such risk factors as age, gender, smoking and alcohol consumption. Note: People who drink diet soda every day may have different eating habits than those who don’t drink diet soda, which may contribute to cardiovascular problems.

Hannah E. Gardener, ScD is an epidemiologist in the Clinical Research Division, Miller School of Medicine, Univer-

sity of Miami and leader of a study of the dietary habits of 2,564 people.

Aspirin cuts cancer deaths significantly, says Peter Rothwell, MD, PhD. Recent finding: Taking low-dose aspirin daily for five years decreased gastrointestinal cancer deaths by up to 54% and overall cancer mortality by 34%. The longer aspirin is used, the greater the benefit. The mechanism by which aspirin helps prevent cancer deaths is not yet fully understood.

Peter Rothwell, MD, PhD, is professor of clinical neurology, Oxford University, England and senior author of an analysis of studies of 25,570 patients.

Laugh A Little, Live Longer

Learn Chinese in 5 Minutes *(For best results, recite the "Chinese" version)*

1. THAT'S NOT RIGHT..... SUM TING WONG
2. ARE YOU HARBORING A FUJITIVE?..... HU YU HAI DING?
3. SEE ME ASAP KUM HIA NAO
4. STUPID MAN DUM GAI
5. SMALL HORSE TAI NI PO NI
6. DID YOU GO TO THE BEACH?..... WAI YU SO TAN?
7. I BUMPED INTO A COFFEE TABLE AI BANG MAI NI
8. I THINK YOU NEED A FACE LIFT CHIN TU FAT
9. IT'S VERY DARK HERE WAI SO DIM?
10. I THOUGHT YOU WERE ON A DIET WAI YU MUN CHING?
11. THIS IS A TOW AWAY ZONE..... NO PAH KING
12. OUR MEETING IS NEXT WEEK..... WAI YU KUM NAO?
13. STAYING OUT OF SIGHT LEI YING LO
14. HE'S CLEANING THE CAR..... HI WA SHING KA
15. YOUR BODY ODOR IS OFFENSIVE YU STIN KI PU

God vs. Science *Continued from page 4*

to shake his head, still smiling, as he realizes where the argument is going. A very good semester indeed.

"Since no one has ever observed the process of evolution at work and cannot even prove that this process is an on-going endeavor, are you not teaching your opinion, sir? Are you now not a scientist, but a preacher?" The class was in an uproar. The student remains silent until the commotion subsided. "to continue the point you were making earlier to the other student, let me give you an example of what I mean. The student looks around the room. "Is there anyone in the class who has ever seen the professor's brain? The class breaks up into laughter. "Is there anyone here who has ever heard the professor's brain, felt the professor's brain, touched or smelt the professor's brain? No one appears to have done so. So, according to the established rules of empirical, stable, demonstrable protocol, science says that you have no brain, with all due respect sir. So if

science says you have no brain, how can we trust your lectures, sir?"

Now the room was silent. The professor just stares at the student, his face unreadable. Finally the professor answers. "I guess you'll have to take them on faith." "Now, you accept that there is faith, and, in fact, faith exists with life" the student continues. "Now, sir, is there such a thing as evil?" Now uncertain, the professor responds, "Of course there is. We see it everyday. It is in the daily examples of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil."

To this the student replied, "Evil does not exist sir, or at least it does not exist unto itself. Evil is simply the absence of God. God did not create evil. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat or the darkness that comes when there is no light."

The professor sat down. ▼

Endowment Dinner Honors Six and Welcomes Eight

Friday, March 25

Over 80 members and guests attended the annual Metro Endowment Dinner at the Japanese Cultural Center on March 25th to honor six Golden Book designates and induct eight new members into the fellowship. Guests were also treated to some fine piano music by the Nuuanu Club's Albert Lee, a graduate of the Julliard School of Music.

The YMCA of Honolulu's new Chief Executive Officer, Michael Broderick, welcomed the Y's Men and Women and thanked the members for their dedication and hard work in support of the YMCA and community. A former family court judge in Hawaii, Mr. Broderick explained why he left the court system to become part of the YMCA in order to have a more positive impact on young people in Hawaii.

Honored as Golden Book designate for the Kalihi club was **Renee Guillermo**, who has devoted many years of service to both the Kalihi Y's Men's Club and the Kalihi YMCA. Attending the dinner included her husband, Nathan Guillermo, and stepfather, Dick Meckstroth.



PHOTO COURTESY OF RUSS LYNCH

Other honorees were Rick Lau (Central), Kuri Shiozawa (Kaimuki YMCA youth member), Keith Sakamoto (Nuuanu), Kimberly Ishimoto (West Oahu), and Karla Redding (Windward).

Congratulations to the Windward, Central and Nuuanu clubs for enrolling the eight new members into their clubs. ▼

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