

Annual Support Campaign Nears Goal



Game Night raised over \$1,500. At the poker table (above) included Kalihi Club's Wayne Kim (upper left) and West Oahu Club's Duke Chung (top center).

The Kalihi Annual Support Campaign has enrolled 647 members and reached \$81,600 in cash and pledges. The victory dinner has been changed to Saturday, April 7 and will be held at the home of Kalihi Y board member Geoffrey Pang in Aina Koa.

Much thanks to all who helped to make the annual Game Night a success. About 60 people attended the Game Night at the Kalihi YMCA, which raised over \$1,500 for the Kalihi Annual Support Campaign. Mahalo to everyone who helped bring food, donate white elephant auction items and paid \$20 for the food and play money. Members of the Kalihi Y staff, adult program Y members, and Y's Men came out in force to help out. The buffet included spaghetti, fried chicken, ham, tossed salad and home made desserts. After the great meal, the games began.

A crap table, two poker tables and a roulette table were active all night. Thanks to Dick Wong and Ray Takeshita for running the crap table, Eddie Miwa

and Randall Chun who took care of the roulette table, Dan Takamatsu, for the horse racing table and Wayne Kim and Dave Endo for acting as dealers at the poker tables.

Following the games was the auction. There were a great number of auction items, including the popular orchid plants, cook books, a large framed art work, ceramic vases, a 49er jacket, tree pruner, a food warmer, gift baskets, homemade cakes.

The program coordinator was our club president Jaunette Quiroz. The food table was coordinated by Ethel Takamatsu and Bev Wong, registration and sales by Charlee Malott, while auction collection was done by Eddie Miwa with Randall Chun assisting. Also a great Mahalo to Greg Lee and Gary Ogata for the great job of auctioneering. Other club members helping out included Phil Chun, Sunny Young, Tony Pfaltzgraff. Spouses helping out were Charlene Young, Sue Ann Kauanui, Marjorie Kim and Bert Malott.

CALENDAR

April

- 7** ASC Victory Dinner
Geoff Pang's home
- 12** Membership Meeting
6:00 p.m., Kalihi YMCA
(park at library)
- 21** YMCA Healthy Kids Day
Bishop Museum, shave ice
booth, 9:00 a.m.-3:00 p.m.
- 28** Work Project at Margie
Takahashi's home

May

- 4-5** Regional Convention
Las Vegas, Nevada
- 11** Kalihi Y Golf Tournament

HAPPY BIRTHDAY!

Apr 16 Iris Lee

HAPPY ANNIVERSARY!

Apr 24 Charlee & Bert Malott

Painting Work Project Scheduled

Bev Wong secured another work project at Margie Takahashi's home. Members will be painting her laundry room on **April 28**.

Mahalo to Maurice Shimonishi and Jimmy Ouchi, Nuuanu; Brad and Sharon Ishida, Kaimuki; and Duke and Linda Chung, West Oahu, for coming out to give our Kalihi Club much support. ▼



Kalihi YMCA NEWS

by Tony Pfaltzgraff

MARCH 30TH is the formal end of the 2012 ASC campaign for this year. We will continue to reach out to potential donors during April in order to reach our goal of \$90,000. As of Thursday, March 29th, volunteers had raised \$81,000 with a number of gifts still coming in. I'm confident we can reach or get close to our goal for 2012. Kalihi Y's Service Club members have again done a fantastic job of helping raise money for the Branch. Totals for the club and members who worked the campaign will be posted elsewhere in this bulletin. Thanks to each of you for all your wonderful help!

I'm excited that our Healthy Lifestyles (fitness) Program, as well as Branch Childcare programs were so active in ASC this year. A number of fitness members either made personal donations or helped on campaign events. The Childcare Dept. held a "Family Night" on the last day of Inter-session that included a performance by a magician, games and inexpensive dinners for parents and their children. More than 100 people showed up and the event raised over \$1200. In addition, our A+ sites held week long fund raisers that will net the Branch more than \$3000! Our Puuhale Elementary School Site Director is a young woman

named Kyndall Simeona who grew up in Kalihi Y childcare programs. Kyndall and the A+ staff worked with Puuhale staff to put on a carnival that included food, games, face-painting and other fun activities. Admission was charged, and more than \$1100 was netted from the event. Both Fitness and Childcare were important parts of the campaign success this year. I expect even greater things from them next year. ▼

REMINDER: Victory Dinner is Saturday, April 7th, 3 p.m. to 7 p.m. at Geoff Pang's house.

Metro District News

The District clubs will again sponsor a shaved ice booth at the annual Healthy Kids Day held at the Bishop Museum. Tony Pfaltzgraff announced that the Kalihi club members can park at the Kalihi YMCA. ▼

Regional News

Ethel Takamatsu announced that each club in the Region has been given a minimum of 50 raffle tickets to sell at \$5 each for the Regional Convention Raffle scheduled for May in Las Vegas. Also each club has been asked to provide raffle prizes based on club membership. Kalihi needs to provide 3 prizes. Ethel and Dan Takamatsu, Charlee and Bert Malott, Sunny and Norma Young will represent the Kalihi Club. ▼

Here's to Your Health!

Home Remedies That Work

by Brynn Mannino, *Women's Day*

Duct Tape to Remove Warts

In 2002 a group of doctors compared duct tape's effectiveness with liquid nitrogen in removing warts. After two months of wearing duct tape on a daily basis and using a pumice stone about once a week to exfoliate the dead skin, 85 of patients' warts were gone, whereas freezing only removed 60 percent. "The question is whether there is something in the chemical adhesive itself, or if the occlusion (suffocation) causes the destruction of the wart," says New York City based dermatologist, Robin Blum, MD. "The other thinking is that the duct tape cause irritation, which stimulates our body's immune cells to attack the wart."

Yogurt to Cure Bad Breath

Bad breath comes from a number of places, the two most common being the mouth and stomach. The neutralizing powers of yogurt and other probiotics treat the latter cause. "Yogurt shouldn't have any effect at all on the bacteria that live on the tongue because it's not there long enough," says Robert Meltzer, MD a New York City based gastroenterologist and attending physician at Lenox Hill Hospital. However it likely has a neutralizing effect on acid that resides anywhere between the mouth and the stomach, including the back of the throat and the esophagus, he explains. "I think almost any milk product or food that contains live cultures would have the same effect." While yogurt can get rid of bad breath that results from gastrological conditions, like acid reflux, it won't have any real effect on bad breath that results from gastrological conditions, like acid reflux, it won't have any real effect on bad breath that is the product of gum, liver or lung disease.

Congratulations to the Kalihii Y's Men's and Women's ASC team, which raised **\$18,965** in this year's campaign:

Capt. Jaunette Quiroz6m	\$ 355
Phil Chun34m	6,340
Wayne Kim5m	318
Greg Lee1m	200
Charlee Malott8m	2,892
Eddie Miwa6m	335
Tony Pfaltzgraff6m	5,550
Ethel Takamatsu7m	375
Dick Wong3m	2,600



Laugh a Little, Live Longer

Proof that the World is NUTS!

In Lebanon men are legally allowed to have sex with animals, but the animals must be female. Having sexual relations with a male animal is punishable by death. (Like THAT makes sense!)

In Bahrain a male doctor may legally examine a woman's genitals, but is prohibited from looking directly at them during the examination. He may only see their reflection in a mirror. (Do they look different in reverse?)

Muslims are banned from looking at the genitals of a corpse. This also applies to undertakers. The sex organs of the deceased must be covered with a brick or piece of wood at all times. (A Brick?)

The penalty for masturbation in Indonesia is decapitation. (Much worse than going blind!)

There men in Guam whose full-time job is to travel the countryside and deflower young virgins, who pay them for the privilege of have sex for the first time. Reason: Under Guam law, it is expressly forbidden for virgins to marry.

(Let's just think for a minute; is there any job anywhere else in the world that even comes close to this?)

In Hong Kong a betrayed wife is legally allowed to kill her adulterous husband, but may only do so with her bare hands. The husband's

illicit lover, on the other hand, may be killed in any manner desired. (Ah, justice!)

Topless saleswomen are legal in Liverpool, England—but only in tropical fish stores. (But of Course!)

In Cali, Colombia, a woman may only have sex with her husband and the first time this happens, her mother must be in the room to witness the act. (Makes one shudder at the thought.)

In Santa Cruz, Bolivia, it is illegal for a man to have sex with a woman and her daughter at the same time. (I presume this was a big enough problem that they had to pass this law?)

In Maryland it is illegal to sell condoms from vending machines with one exception: Prophylactics may be dispensed from a vending machine only in places where alcoholic beverages are sold for consumption on the premises. (Is this a great country or what?)

Banging your head against a wall uses 150 calories an hour. (Who volunteers for these tests?)

The ant can lift 50 times its own weight, can pull 30 times its own weight and always falls over on its right side when intoxicated. (from drinking little bottles of...???) (Did our government pay for this research??)

An ostrich's eye is bigger than its brain. (I know some people like that)

Starfish don't have brains. (I know some people like that too)

And the best for last?

Turtles can breathe through their butts. (And I thought I had bad breath is the morning!) ▼

Today's Thought

To realize
The value of a sister/brother
Ask someone
Who doesn't have one

To realize
The value of ten years:
Ask a newly
Divorced couple

To realize
The value of four years
Ask a graduate

To realize
The value of one year
Ask a student who
Has failed a final exam

To realize the value of nine months
Ask a mother who gave birth to a stillborn.

To realize
The value of one month
Ask a mother
Who has given birth to
A premature baby

To realize
The value of one week
Ask an editor of a weekly newspaper

To realize
The value of one minute
Ask a person
Who has missed the train, bus or plane.

To realize
The value of one second
Ask a person
Who has survived an accident

Time waits for no one
Treasure every moment you have
You will treasure it even more when
You can share it with someone special
To realize the value of a friend or
family member
LOSE ONE

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