



2012 Military Appreciation Day at the Honolulu Zoo May 19, 2012

by Bev Wong



At the scrip booth Juanette Quiroz greets zoo visitors along with volunteers from the Wong Society of Hawaii. Military families were offered free food and drink.

From all the years we been volunteering, this year is the biggest/greatest event ever. The event is sponsored by the City & County of Honolulu, The Chamber of Commerce of Hawaii, Outrigger Enterprises, Papa John's Hawaii, Meadow Gold, Aloun Farms, Roberts Hawaii, Navy Exchange, Matson, Geico, Wendy's, Hawaiian Electric Co., Hawaiian Electric Industries, Boeing Company, Oceanic, & Knights of Pythias. The Military and their families enjoyed a whole day of free pizzas, juices, watermelons, bottle water, and ice creams. A full day of entertainment featuring the Royal Hawaiian Band, the Marine Forces Pacific Band, Chaotic Five, Hula Halau, Island Storm and Odyssey.

We had 19 volunteers from the Wong Society of Hawaii (Wong Kong

Har Tong) and the Kalihi Y Service Club. All of us were given name tags, meal tickets, and t-shirts. They provided Starbucks coffee, manapua and pastries. Barbara Thacker, Director of Volunteers greeted us with the logistics of assignments. At the beginning, we tore apart meal tickets. Some of us were assigned to greeting arrivals and asking them for Military ID, distributing meal tickets, answering questions or helped with deliveries of Papa John Pizzas to the food tent.

It was fun and the rewarding part of this event is seeing over 3,000 members of the military families enjoying the food, the animals and the entertainment. I want to thank all of you for giving up your Saturday to help with this event. ▼

CALENDAR

June

14 Club meeting
Kalihi YMCA, 6:00 p.m.

July

10 Club meeting
27 YMCA Family Nite
Country Store & Shave Ice
Projects—Donations needed

HAPPY BIRTHDAY!

Jun 5 Dave Endo
9 Erin Berhman
15 Eddie Miwa
17 Ethel Takamatsu

Keoki Malott Honored at Endowment Dinner



Charlee and Bert Malott receive the Golden Book Award on behalf of their son, Keoki Malott.

Keoki Malott was one of five Golden Book Honorees at the 2012 Metro district Endowment Dinner held at the Japanese Cultural Center of Hawaii. Juanette Quiroz, president of the Kalihi Club made a stirring memorial of Keoki, passed away suddenly last year. Present to receive the award were parents Bert and Charlee Malott.

(Continued on page 2)



Kalihi YMCA NEWS

by Tony Pfaltzgraff

I'M HAPPY TO REPORT that our summer programs are off to a great start! We have more than 170 children in our summer fun programs at the Branch and Aiea Elementary. We also have more than 120 children in our Summer Plus programs at Ala Puumalu and Moanalua District Parks. This week the kids took part in a sports field day in Maunawili, and there will be a number of other great activities throughout the summer.

Our teen summer Strive program has 30 participants in it. This program replaces the old Junior Leader program, and participants take part in leadership development events, community service projects and exercise and nutrition activities. The teens also assist our summer fun leaders with the children, but not to the extent of programs in the past.

One exciting note on our summer: Phil Chun's grandson, Christopher, and long-time Board member Bob Akinaka's son, Kimo, are working in the summer program. It adds a very nice quality to what is happening here!

Finally, we netted more than \$29,000 at our 25th annual golf tournament. Thanks to club members again for help at the tournament. ▼

Endowment Dinner

(Continued from page 1)

Club presidents of the Metro District Clubs, including Kalihi's Juanette Quiroz were installed by Sharon Ishida, newly elected Hawaiian Regional Director. New club members were also inducted. Kalihi's new member Francisco Baca, could not be present and will be installed at next year's event.

Guest Speaker Pastor Ron Ching presented a very thoughtful and engaging speech about recruiting members.

Other club members present among the more than sixty in attendance were Bev and Dick Wong, Eddie Miwa, Phil Chun, and Ethel and Dan Takamatsu. ▼

Today's Thought

LIFE IS LIKE A TRAIN RIDE. We get on We ride. We get off. We get back on and ride some more. There accidents and there are delays. At certain stops there are surprises. Some of these will translate into great moments of joy, some will result in profound sorrow.

We're all on this train ride together. Above all we should all try to strive to make the ride as pleasant and memorable as we can, right up until we each make the final stop and leave the train for the last time.

Remember that at any moment during our journey, any one of our travel companions can have a weak moment and be in need of our help.

That's OK... everyone's journey will be filled with hopes, dreams challenges, setbacks and good-byes. We must strive to make the best of it, no matter what...

We too may vacillate or hesitate. then trip... hopefully we can count on someone being there to be supportive and understanding....

We will sometimes be upset that some passengers whom we love, will choose to sit in another compartment and leave us to travel on our own. Then again, there's nothing

that says we can't seek them out anyway.

Some people on the train will leave an everlasting impression where they get off.... Some will get on and get off the train so quickly, they will scarcely leave a sign that they ever traveled along with you or ever crossed your path....

The bigger mystery of our journey is that we don't know when our last stop will come. Neither do we know when our travel companions will make their last stop. Not even those sitting in the seat next to us.

Nevertheless, once sought out and found, we may not even be able to sit next to them because that seat will already be taken.

Personally, I know I'll be sad to make my final stop.... I'm sure of it.... My separation from all those friends and acquaintances I made during the train ride will be painful. Leaving all those I'm close to will be a sad thing. But then again, I'm certain that one day I'll get to the main station only to meet up with everyone else. They'll all be carrying their baggage... most of which they didn't have when they first got on this train. ▼

Francisco Baca Joins Kalihi Club



The club members unanimously welcomed Francisco Baca as a new member by formally voting him into the club. Francisco, club president's Jaunette's boyfriend, has helped the club in several past projects and is a welcome addition to the membership.

Francisco was born In Arizona, but moved to Ohio, where he graduated from high school. He joined the army and was stationed in Hawaii in 2007, and served two tours, first to Iraq and then to Afghanistan, returning in March of this year.

He has a five year old daughter, Haven, living in Ohio. He loves cars and is interested in joining a car club. He also is interested in collecting gemstones and is an avid fan of the National Geographic and History Channel.

Welcome aboard, Francisco! ▼

Laugh a Little, Live Longer

Hospital Chart Bloopers

(Taken from actual hospital records)

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. Patient has left white blood cells at another hospital.
4. She has no rigors or shaking, chills, but her husband states she was very hot in bed.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status: Alive but without permission.
10. Healthy appearing decrepit 69-year old male, mentally alert but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in ER, she was examined, X-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life, until she got a divorce.
19. I saw your patient today, who is still under our car for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal lover function.
23. Skin: somewhat pale but present.
24. The pelvic exam will be done later on the floor.
25. Patient has two teenage children, but no other abnormalities.

Here's TO YOUR HEALTH

ARTERY CRUST. Judging by the label, Marie Callender's (16.5) Chicken Pot Pie has "only" 520 calories, 11 grams of saturated fat and 800 mg of sodium. But look again. Those numbers are for only half a pie.

Salt's On. An average cup of Campbell's Condensed Chicken Noodle Soup has 700 mg of sodium. But most people eat the whole can of soup, which contains 1,900 mg of sodium—more than most adults should consume in an entire day!

Tortilla Terror. Interested in a Chipotle Chicken Burrito (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 970 calories and 18 grams of saturated fat, which is as much as three 6-inch BLT Classic Subs!

Burial Grands. No one thinks of cinnamon rolls as health food. But each Pillsbury Grands Cinnamon Roll with Icing has 310 calories and 2 grams of saturated fat plus 2.5 grams of transfat (more than a day's limit) and 5 teaspoons of sugar. Companies are dumping their partially hydrogenated oils, yet Pillsbury still makes most of its rolls and biscuits with that stuff.

Transgression. "Excellent source of ALA Omega 3" declares the Land

O'Lakes Margarine box. Who knows that Land O'Lakes stick margarine was so healthy? It isn't. Each tablespoon of the spread has 2.5 grams of transfat (more than an entire day's limit) and 2 grams of saturated fat. And beware of other trans-filled sticks by Blue Bonnet, Parkay, Country Crock and Fleischmann's. At least those brands don't imply that a bit of ALA outweighs the harm caused by the margarine's trans and saturated fat. Shopping tip: Look for tub margarines—most have little or no transfat.

Extreme Ice Cream. An average half-cup serving of Haagen-Dazs ice cream squeezes half-a-day's saturated fat and a third-of-a-day's cholesterol into your artery walls and makes nearly a 300-calorie down-payment on your next set of fat cells—if you can stop at a petite half-cup.

Stone Cold. Cold Stone Creamery's Oh Fudge shake (chocolate ice cream, milk and fudge syrup) starts at 1,250 calories for the "Like It" (16 oz) size. That's more than a large (32 oz) McDonald's McCafe Chocolate Triple Thick Shake. The "Love It" (20 oz) has 1,660 calories and the "Gotta Have It" (24 oz) reaches 1,920 calories (just about an entire day's worth) and 69 grams of saturated fat (3.5 days worth).

From *Nutrition Action Healthletter*, Washington, D.C.

Help Needed for Family Night Friday, July 27

Club members needed for pricing and arranging sale items. Please donate plants, clothes, books, etc. for the Country Store.

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

