



## Casino Night

By Phil Chun



Julia Fukumoto and daughter Natalie walked out at the end of the night's auction with a brand new TV Monitor which she claimed after a spirited auction, while Duke Chung had his coveted \$500 bottle of wine. Both paid a fraction of the retail cost of the items at this year's Kalihi Y's Men & Women's Service Club Auction for the Kalihi YMCA Annual Support Campaign.

A crowd of nearly 60 people, including Y's men and women from Kalihi, Kaimuki, West Oahu, Central and Nuuanu. Also having fun were Kalihi YMCA members and staff, family members and other guests. Attendees were treated to a night of delicious food, participating in the gaming activities which included Crap, Poker, Black Jack, Horse Racing and Roulette, and ending with an auction. Others simply came for the fellowship.

There were lots of food for everyone, including spaghetti, chicken, salads, desserts and

snacks. A great collection of auction items including a beautiful bonsai plant, ice coolers, ceramic dishes, orchids, household items, jewelry, wines and homemade rum cakes and butter mochi cakes.

Much thanks to overall event coordinators: President Jaunette Quiroz and Eddie Miwa; Food: Ethel Takamatsu and Bev Wong; Registration: Charlie Malott, Stacy Uto and Wayne Kim; Games: Dan Takamatsu, Wayne Kim, Cliff Young (Charlene's brother), Tom Kusatsu, Dave Endo; Auction: Steve and Donna Kranz, Cheryl Dacus (Donna's sister and Nuuanu Y's Men member) Eddie Miwa, Bev Wong; Game Equipment: Phil Chun, Eddie Miwa; Door Prizes: Tony Pfaltzgraff; Tables/chairs: Kyle Ishizaka.

Much thanks also to all the Kalihi Y staff and spouses, who have been working so hard on the ASC campaign including special fund

## Happenings

### March

- 1 Car Wash  
Kalihi YMCA, 9-12 p.m.
- 10 Membership Meeting  
Kalihi YMCA, 6:00 p.m.
- 14 Magic Show Night  
Kalihi YMCA, 6:00 p.m.

### April

- 12 Healthy Kid's Day  
Bishop Museum, 9:00 a.m.
- 14 Membership Meeting  
Kalihi YMCA, 6:00 p.m.
- 19 ASC Victory Dinner  
More info to come

“Where there is charity and wisdom, there is neither fear nor ignorance.”

– St. Francis of Assisi

raisers like this one. Y's Men's & Women's clubs who came to give support to the event, including Regional Director Sharon Ishida, and Past RD Brad Ishida; Past RD and Convention Chair Rick Lau, Jimmy Ouchi, Maurice Shimonishi, Gary Higashiona, Cheryl Dacus, PRDs Duke & Linda Chung.

A great mahalo to all who spent money, donated food and auction items, helped with the set up and clean up, and helped in so many other ways to help raise over \$1600 for the Kalihi Y's 2014 Annual Support Campaign. ■



Casino Night Photos by Phil Chun



**Laugh a Little, Live Longer**

St. Patrick's Day Quotes

"May the Good Lord take a liking to you... but not too soon!"

-Irish Blessing



"Anyone acquainted with Ireland knows that the morning of St. Patrick's Day consists of the night of the 17th of March flavored strongly with the morning of the 18th."

-Author Unknown



# Stay Mentally Active

By the Alzheimer's Association

Mental decline as you age appears to be largely due to altered connections among brain cells. But research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells.

Low levels of education have been found to be related to a higher risk of Alzheimer's later in life. This may be due to a lower level of life-long mental stimulation. Put another way, higher levels of education appear to be somewhat protective against Alzheimer's, possibly because brain cells and their connections are stronger. Well-educated individuals can still get Alzheimer's, but symptoms may appear later because of this protective effect.

You don't have to turn your life upside down, or make extreme changes to achieve many of these benefits. Start with something small, like a daily walk. After a while, add another small change.

## Keep your brain active every day:

- Stay curious and involved — commit to lifelong learning
- Read, write, work crossword or other puzzles
- Attend lectures and plays
- Enroll in courses at your local adult education center, community college or other community group
- Play games
- Garden
- Try memory exercises

## Rebus Puzzle

Each rebus puzzle box represents a word, phrase, or saying. Can you guess what it is?

<b>1</b> _____ read _____	<b>2</b> g R rose e i n	<b>3</b> ban ana	<b>4</b> wonalicederland
<b>5</b> BIG BIG ignore ignore	<b>6</b> e t a d	<b>7</b> BIRD	<b>8</b> _____ it
<b>9</b> TULIPS	<b>10</b> land time	<b>11</b> Chimadena	<b>12</b> M Meal M e e a a l Meal l
<b>13</b> XQQQME	<b>14</b> settle	<b>15</b> stefrankin	<b>16</b> millio1n
<b>17</b> ICE <sup>3</sup>	<b>18</b> 9S2A5F4E1T8Y6	<b>19</b> mini'l'bethereute	<b>20</b> e r e r v i v i e r e r v i v i

(Answers on Page 4)



## Kalihi Y Service Club 2013/2014

President: Jaunette Quiroz  
Vice president: Charlee Malott  
Secretary: Eddie Miwa  
Treasurer: Wayne Kim

Members: Phil Chun, Dave Endo, Schön Harunaga, Kyle Ishizaka, Melanie Kaaihue, Wayne Kim, Steve Kranz, Tom Kusatsu, Ron Okimoto, Tony Pfaltzgraff, Dan Takamatsu, Ethel Takamatsu, Bev Wong, Sunny Young.

FYI is a publication of the  
Kalihi Y's Men's Club



Chartered on January 19, 1991.

Send your articles to:  
Kalihi Y's Men Club  
c/o Kalihi YMCA  
1335 Kalihi St.  
Honolulu, HI 96819

Bulletin Editor: Melanie Kaaihue  
Email: miekogecko@gmail.com

## Rebus Puzzle Answers (from Page 3):

- 1) Read between the lines
- 2) Ring around the Rosie
- 3) Banana Split;
- 4) Alice in Wonderland
- 5) Too Big to Ignore
- 6) Update
- 7) Big Bird
- 8) Blanket
- 9) Tiptoe through the Tulips
- 10) The Land before Time
- 11) Made in China
- 12) Square Meal
- 13) Excuse Me
- 1) Settle Down
- 15) Frankenstein
- 16) One in a Million
- 17) Ice Cube
- 18) Safety in Numbers
- 19) I'll Be There in a Minute
- 20) Four Wheel Drive

## Kalihi YMCA NEWS

by Tony Pfaltzgraff

2014 is off to a great start for Kalihi Y programs with more than 650 monthly adult fitness members, 700 children in A+ each day and teen programs going on in communities around Oahu. One factor that helps sustain program growth is the Branch's Annual Support Campaign. We are halfway through the campaign and have totaled over \$62,000 in donations and pledges!

One of the exciting aspects of the campaign so far has been the speakers we've had at our Kickoff and two report meetings who spoke about the range of Kalihi Y programs. At the Kickoff, two teens shared how Kalihi Y programs helped them stop harmful behaviors they were engaged in. At the first report meeting, an aunty talked about taking her niece into her home after the girl's mother had been incarcerated, and how the Kalihi Y had made it possible for the girl to take part in summer and intersession programs. At the second report meeting, an 80+ year old fitness member talked about how the friendliness of Kalihi Y staff and members supported her to regularly come to the Y and work out.

The Kalihi Y Service Club held a Casino Night fundraiser for ASC on February 15<sup>th</sup>. Everyone's hard work, along with great donations of auction items, helped the club to net \$1,660! We probably could have fed 100 people with all of the food provided by Ethel, Bev and other club members. Extra thanks to Steve Kranz for his great work on the auction portion of the evening.

The Kalihi Y ASC committee decided to move the Victory Dinner to April 19<sup>th</sup>, 6 p.m. at Geoff Pang's house. This change of date should help us be very close to, or even over, our goal of \$91,191.10.

**MAGIC SHOW**  
**AT KALIHI YMCA**

**Friday, March 14, 2014**  
**Starts at 6:00 p.m.**  
**Doors open at 5:30 p.m.**

Presale tickets are available for purchase at the Kalihi YMCA for \$5.00 a family. Tickets available at the door for \$7.00. Food also available for purchase at the event.