



Peace Poster Contest



"When I wrote peace begins with you, you can be a good person that loves one another and cares for everyone and that is what I did on the poster."

- Paisley Kaahanui

The Y's Men Clubs in the Hawaii region sponsored the Peace Poster Contest in partnership with the local YMCAs and comparable program.

This contest encourages their understanding and vision of peace. Students articulated the vision in the drawing and a written narrative expressing their ideas.

The theme of the Peace Poster Contest is "Peace through my Eyes". 3rd and 4th graders attending the Kalihi YMCA's spring intersession program were eligible to participate in the contest.

This year, the winner for the Kalihi branch is 4th grader Paisley Kaahanui. She received recognition along with four other winners at Healthy Kids Day at the Bishop Museum on Saturday, April 12, 2014. ■

Happenings

May

- 3 Gazebo Project**
More info to come
- 9 Kalihi Y Golf Tournament**
Pearl Country Club, 11:30 a.m.
- 12 Membership Meeting**
Kalihi YMCA, 6:00 p.m.
- 16 Endowment Dinner**
JCC, 6:00 p.m.
- 17 Visitor Industry Charity Walk**
Ala Moana Beach Park, 7 a.m.
- 20 Gazebo Project - Cutting**
TBA
- 30 Y's Men Convention**
KMC, Big Island (thru June 1)

June

- 9 Membership Meeting**
Kalihi YMCA, 6:00 p.m.
- 14 Gazebo Project - Assembly**
TBA

There are Angels God puts on this Earth
Who care for us and guide us.
You can feel their love and gentleness
as they walk through life beside us.

They do great things for us every day
they whisper in our ears,
they even hold us in their hearts
when we are filled with all our fears.

They are always there to give a hug
and try to make us smile.
They treat us with respect and love,
they treat us like their child.

God blessed me with an Angel,
I'm proud to call my own.
She's been with me throughout my
life, been with me as I've grown.

She's guided me the best she can,
she's taught me like no other,
and I'm thankful I'm the lucky one
who gets to call her... MOTHER

- Kathleen J. Shields

*Happy
Mother's
Day!*

Christian Emphasis

*Have mercy on me, O God,
according to thy steadfast love;
according to thy abundant mercy
blot out my transgressions. Wash
me thoroughly from my iniquity,
and cleanse me from my sin! For
I know my transgressions, and my
sin is ever before me. Against
thee, thee only, have I sinned, and
done that which is evil in thy
sight, so that thou art justified in
thy sentence and blameless in thy
judgment.*

Psalms 51: 1-4

Takahashi Window Cleaning Project

On April 26, Kalihi Y Service Club members dedicated their morning to assist in the Takahashi Window Cleaning Project. Members came at 8:30 a.m. ready with buckets, rags, scrub brushes, ladders, and power washers. Each window screen at this residence was removed and given a good scrubbing. Jalousies were wiped clean of dust and dirt. With power washers in hand, the back and side was also received a thorough cleaning. The driveway received its biggest transformation, going from a dark brown to an off-white color.

Thank you to all of the volunteers who were able to assist in this project! A special thanks goes out to Bev and Ethel for the delicious lunch.

Takahashi Window Project Photos by Phil Chun



Celebrating
20
years

The Central Y Service Club is hosting their 20th Anniversary celebration dinner at Pagoda Floating Restaurant on Saturday May 24, 2014 at 7:00 pm. The buffet dinner cost \$45 per person.

If you are interested in attending, please RSVP by May 15 to Rick Lau (riclor@hawaii.rr.com). Send your check payable to: Central Y Service Club; c/o Roy Tateishi, 1621 Dole Street, No. 1001, Honolulu, HI 96822. Any questions, please contact Rick at 782-2757.

Throughout much of April, staff in the childcare department put on "Family Carnivals" at our A+ sites. While part of the intent of the events was to raise money for ASC, it also turned out to be an opportunity for parents to see their children playing fun games, eating good snacks and in a musical performance with their classmates. Through the hard work of the childcare staff, over \$8000 was raised for the ASC campaign.

Since we're on the topic of ASC, I'm happy to report that we went over our goal of \$91,191.10 in early April. As of this week, we have raised over \$95,000 from more than 6660 pledges! The last few years we didn't hit our goal until sometime in May, so it is particularly gratifying to be over the top earlier than usual.

We've spent part of the last few months writing grants that would help the Kalihi Y expand teen after-school programs out to the west side including Waipahu, Ewa Beach and Kapolei. One of the real deficits for many teens is the lack of constructive and fun after-school programs in their communities. Over the past five years, the Kalihi Y has been able to develop a good after-school program in Kalihi-Palama. We hope to replicate the program elements of nutrition, fitness, community service and leadership development in other communities on our island. ■

Y'S Men International News

The 71st Y's Men International Convention will be held on August 7 – 10, 2014 in Chennai, India. For more information and registration, visit: <http://ic2014.org>.

US Area News

For the US Area, there were 23 valid votes out of 96 clubs for a rate of 24% as part of the International elections. There were 43 votes cast (45%) but 20 were determined to be invalid.

Hawaii Region News

The 78th Hawaii Region Convention will be held at Kilauea Military Camp on May 31 - June 1, 2014. Five representatives from the Kalihi Y's Men will be attending. Raffle tickets are available from Jaunette Quiroz for \$3. You do not need to be present to win.

Metro District News

Members of the Y's Men Clubs on Oahu volunteered their time to sell shave ice at Healthy Kid's Day at Bishop Museum on Saturday, April 12, 2014. Price for shave ice was \$3 each. The booth made over \$1,300 despite with the rainy weather.



Laugh a Little, Live Longer

Lexophiles

Lexophile is a word used to describe those that love using words in rather unique ways, such as "you can tune a piano, but you can't "tuna fish", or "to write with a broken pencil is pointless." A competition is held every year to see who can come up with the best one and here are some of the entries:

1. When fish are in schools, they sometimes take debate.
2. A thief who stole a calendar got twelve months.
3. When the smog lifts in Los Angeles U.C.L.A.
4. The batteries were given out free of charge.
5. A dentist and a manicurist married. They fought tooth and nail.
6. A will is a dead giveaway.
7. With her marriage, she got a new name and a dress.
8. A boiled egg is hard to beat.
9. When you've seen one shopping center you've seen a mall.
10. Police were called to a day care center where a three-year-old was resisting a rest.
11. Did you hear about the fellow whose whole left side was cut off? He's all right now.
12. A bicycle can't stand alone; it is two tired.
13. When a clock is hungry it goes back four seconds.
14. The guy who fell onto an upholstery machine is now fully recovered.
15. He had a photographic memory which was never developed.
16. When she saw her first strands of gray hair she thought she'd dye.
17. Acupuncture is a jab well done. That's the point of it. And the cream of the wretched crop:
18. Those who get too big for their pants will be exposed in the end.

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

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

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



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Send your articles to:
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Kalihi Y Summertime

The Kalihi YMCA branch is now accepting enrollment into their summertime program for children entering grades 1-6.

Program will run from June 2 – July 31, 2014. Parents have different options on the length of enrollment (1, 4, 5, or 9 weeks or daily).

Contact the Kailihi YMCA (848-2494) for more information.

10 Super Foods ... For Better Health!

1 Sweet Potatoes: A nutritional All-Star -- one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

2 Mangoes: Just one cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood pressure lowering potassium, and 3 grams of fiber. Bonus: mango is one of the fruits least likely to have pesticide residues.

3 Unsweetened Greek yogurt: Non-fat, plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt -- about 17 grams in 6 ounces of plain Greek yogurt.

4 Broccoli: It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.

5 Wild Salmon: The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild caught salmon has less PCB contaminants than farmed salmon.

6 Crispbreads: Whole-grain rye crackers, like Wasa, Kavli, and Ryvita -- usually called crispbreads -- are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.

7 Garbanzo Beans: All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; throw them into vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.

8 Watermelon: Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 80 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

9 Butternut Squash: Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get lots of vitamins A and C and fiber.

10 Leafy Greens: Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar. ■



Roasted Chickpeas

Delicious and easy snack you can make at home. High in fiber and protein. Be careful not to eat the whole batch!

Ingredients:

- 1 can chickpeas (garbanzo beans), drained
- 2 Tbsp Olive Oil
- Optional toppings: Salt, Garlic salt, Cayenne.

Directions

1. Preheat oven to 450 degrees F.
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.