



Elmer Crowe Memorial Award

Kalihi Y Service Club's Eddie Miwa was presented with the Elmer Crowe Memorial Award by former Regional Director Sharon Ishida at the November's Mid-Year Cabinet Meeting.

Elmer Crowe Memorial Award is awarded each year to outstanding District Governors throughout the world.

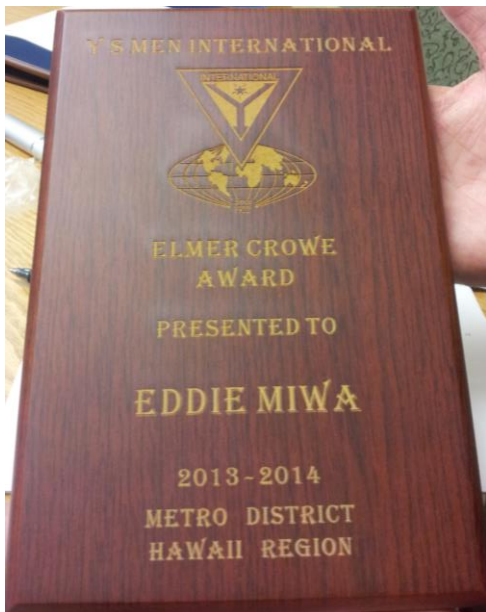
Eddie Miwa served as the 2013/2014 Metro District Governor. He is the only District Governor during the 2013/2014 year to receive this distinction in the U.S. Area.

The award was established in 1938 and was the gift of Elmer Crowe's wife, Marcia, to honor his memory and his dedication to the organization. Elmer was a charter member of the

Vancouver, B.C. Y's Men's Club and was a Regional Director for the Pacific Northwest Region.

The selection for this award is determined by a secret international committee no later than July 1, prior to an International Convention.

Congratulations to Eddie Miwa for receiving this distinguished honor! ■



Happenings

January

FOCUS: YMCA Service

- 8 **Membership Meeting**
Kalihi YMCA, 6:00 p.m.
- 19 **Metro District Meeting**
Kaimuki YMCA, 6:30 p.m.
- 21 **Peace Project Meeting**
Kalihi YMCA, 7:00 p.m.
- 22 **ASC Kick-off**
Kalihi YMCA, 6:00 p.m.

February

FOCUS: Time of Fast

- 5 **ASC First Report Night**
Kalihi YMCA, 6:00 p.m.
- 12 **Membership Meeting**
Kalihi YMCA, 6:00 p.m.
- 19 **ASC Second Report Night**
Kalihi YMCA, 6:00 p.m.
- 21 **ASC Casino Night**
Kalihi YMCA, 5:30 p.m.

March

FOCUS: Brother Club

- 12 **Membership Meeting**
Kalihi YMCA, 6:00 p.m.
- 16-20 **Peace Project Contest**
Kalihi YMCA Intersession

Christian Emphasis

All things are possible for those who believe.

- Mark 9:23

KALIHI Y SERVICE CLUB

presents

Casino

N I G H T

Fundraiser

Join us for Poker, Black Jack, Craps, Roulette, War Games, Horse-Race Games and lots of FOOD and FUN!

*White Elephant Auction
to follow*

When: Saturday, February 21

Time: 5:30pm - dinner

6:15pm - games start

8:30pm - auction starts

Where: Kalihi YMCA 2nd Floor MPR

Donation: \$20 (Includes dinner & \$1000 play money)

All proceeds will go towards the KALIHI YMCA
2015 Annual Support Campaign

❖ *We greatly appreciate donated items for the auction.* ❖



Kalihi YMCA News

By Tony Pfaltzgraff

Funding for Kalihi Y teen programs comes principally from government sources like the Department of Health, Family Court or the City's Department of Community Services. Every two to four years staff submit proposals to these departments stating how the Kalihi Y would address issues like teen substance abuse, truancy or juvenile crime. Over the past three months, staff were hard at work on two proposals that would enable us to continue key services to teens. The competition for funding increases for each cycle and there are now dozens of non-profits competing for the same slice of funding. It has become a nerve wracking process, but must be done in order to reach teens in the community. We are very relieved to be finished with proposals for the time being!

The annual Youth in Government/Youth Legislature program just came to a conclusion and our program director, Jamie Umanzor, did a great job recruiting teens to participate. The number of teens who signed up for the program across the Association numbered about 80, and Jamie and Kalihi staff brought in about half of them. It has been important to keep teens connected to this program as it is one of the only places they can have a "hands on" experience of how government works.

As you may know, the Annual Support Campaign kicks off soon and we will have a goal of \$95,000 this year. Please join us in reaching out for support from members of the community so that we might hit our target. ■

Y's Men International News

India and South Korea has seen a surge in new Y's Men clubs forming and applying to be chartered. Since late November 2014, over 100 clubs have applied and/or have been chartered. To see a list of new clubs, visit the Y's Men International website at: <http://www.ysmen.org/>.

US Area News

U.S. Area Convention is being held in Grand Rapids, Michigan from July 9-12, 2015. For more information or to register, click here: <http://www.ysmenu.com/2015ConventionRegistration.pdf>.

Hawaii Region News

The Hawaii Region Convention is right around the corner. Club members should have received an email from Metro District Governor Albert Lee with the registration form and information. If you will be attending, please complete your registration form by April 1, 2015. See registration form for payment information.

Metro District News

Save the Date! Healthy Kid's Day at the Bishop Museum on Saturday, April 11, 2015. Volunteers from the club are needed to help at the shave ice booth. Sign-up for shifts (8 a.m. to 12 p.m. and 12 p.m. to 3 p.m.) will be at the next membership meeting. A subsequent email will go out for those who were unable to attend the membership meeting.

Kalihi Y Service Club 2014/2015

President: Melanie Kaaihue
Vice president: Charlee Malott
Secretary: Eddie Miwa
Treasurer: Wayne Kim

Members: Phil Chun, Jaunette DeMello, Dave Endo, Schön Harunaga, Kyle Ishizaka, 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



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



February Meeting

Dinner hosting duties:

Wayne Kim
Bev Wong
Steve Kranz
Jaunette DeMello

Laugh a Little, Live Longer

MSW?! (Mom say what?!)

Texting acronyms can stump even the best parents:

Mom: Your great-aunt just passed away. LOL.

Son: Why is that funny?

Mom: It's not funny, David! What do you mean?

Son: Mom, LOL means Laughing Out Loud.

Mom: I thought it meant Lots of Love. I have to call everyone back.

~

Daughter: I got an A in Chemistry.

Mom: WTF!

Daughter: Mom, what do you think WTF means?

Mom: Well That's Fantastic.

~

Mom: What do IDK, LY & TTYL mean?

Son: I don't know, love you, talk to you later.

Mom: OK, I will ask your sister.



A Healthier You

Over 50% of Americans makes a New Year's Resolution. The two top resolution are to lose weight, and to get fit and healthy. Here are a five tips for you to stay or get healthy:

- **Take a five-minute walk for each hour you sit.** Indiana University researchers recently found that if people sat for just one hour, they experienced a 50 percent drop in their leg arteries' ability to expand. Over time, this impairment can increase the risk of cardiovascular problems. But participants who walked for five minutes for each hour they spent on their duffs had no changes in blood vessel function.
- **Get seven to nine hours of uninterrupted sleep per night.** American adults get an average of six hours and 40 minutes per night to seven hours and 25 minutes. Those who frequently fall short don't perform as well on complex mental tasks, are more likely to experience weight gain, be at a higher risk for chronic disorders (diabetes, high blood pressure, etc.), and have a higher mortality rate.
- **Neurobics for your mind.** Do things differently to keep your mind challenged and evolving. Do daily things with your off-hand. Park in different places. The human brain cell can hold five-times as much information as the Encyclopedia Britannica.
- **Eat your fruits and vegetables.** USDA recommends 7 to 13 servings of fruits and vegetables every day. Two-thirds of adults eats less than 2 servings of fruits and three-quarters eats less than 3 servings of vegetables a day. Not getting the recommended servings may increase risks for chronic disorders, and weight gain.
- **Drink more water.** Many Americans don't drink enough water each day due to an increase consumption of coffee, juice, milk, soda, and energy drinks. Water is essential for a healthy body function, to energize muscles, and for healthy skin. ■