

TO ACKNOWLEDGE THE DUTY THAT ACCOMPANIES EVERY RIGHT.



Nuuanu Y's Men and Women's Club

1441 Pali Highway, Honolulu, HI 96813

Editor: PHYLLIS SAKANE POPOVICH  
HAWAII Region: US AREA

Volume 39: Issue 3: JULY-AUGUST 2012  
Bulletin Year 2012-2013

### The Nuuanu Y's Men and Women's Club

Officers:

ALBERT LEE, President  
GARY HIGASHIONNA, VP  
LARRY HIRANAKA, Secretary  
STEPHEN WONG, Treasurer

Members:

KATHY AHLO  
NAOMI AIMOTO  
TINA ALFRED  
JAMES CHONG  
RANDALL JAY  
HAROLD KUWAHARA  
GLENN MATSUKAWA  
MARIO NANGUSE  
JAMES OUCHI  
PHYLLIS SAKANE POPOVICH  
MAURICE SHIMONISHI, IPP

International Members:

ANALEE KINNEY  
KOUSSEI WATANABE  
HIDETOSHI YAJI

Honorary Members:

GEORGIA NIIMOTO  
HELENA WALLIN MILLER  
JOE CROFFORD

MEETINGS are held on the FIRST working MONDAY of each month.

Chartered May 29, 1964

**BROTHER CLUBS:**

- Y's Men's Club of Osaka Centennial
- Y's Men's Club of Bauhinia



### PRESIDENT'S MESSAGE

Thank you to all who came out for our July and August projects!

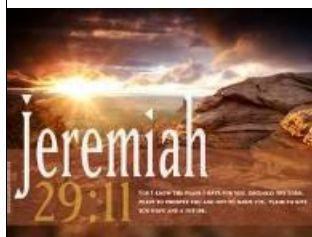
In July, we helped the Nuuanu Y with their Annual Summer Family Fair in their Country Store, selling all kinds of goods donated by Y participant families and the Y Board and fresh produce generously donated by Aloun and Sugarland-Jeft's Farms. This project is highlighted in this month's bulletin.

In August, in alignment with the Hawaii Region's monthly emphasis of Community Service, our club made peanut butter and jelly sandwiches for a homeless outreach group in Chinatown called PS150. This project will be featured in next month's bulletin.

This month, we look forward to our major fundraiser – our annual CHICKEN SALE at the Nuuanu YMCA being held on Sunday, September 23<sup>rd</sup>. Please see Harold Kuwahara's article in this issue. If you have not done so already, be sure to get your chicken tickets from Steve Wong. We will need your chicken sale count by our next club meeting on September 10<sup>th</sup>. Your help at this project is greatly appreciated.

I look forward to seeing all of you at the next meeting. Thank you and God Bless!

Sincerely,  
*Albert Lee*



### CHRISTIAN EMPHASIS

Jeremiah 29:11

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

### IN THIS ISSUE:

President's Message/Christian Emphasis  
Club/YMCA Project: Nuuanu YMCA's Annual Summer Family Fair  
DIS 'N DAT: Thank You's, Y Board Project, A+ News, Metro & Hawaii Region News, US Area Notes

Hawaii Region Monthly Emphasis  
International: Excerpts from Bauhinia Club Bulletin, Osaka Centennial's Club Bulletin, Pictures from Itoh-san  
September Projects: Chicken Sale & Give Aloha Luminaries, Club Calendar, For Your Health

**NEXT NUUANU CLUB MEETING: MONDAY, SEPTEMBER 10, 6PM, NUUANU Y**

**NUUANU YMCA**

1441 PALI HIGHWAY  
 HONOLULU, HI 96813  
 phone: 808-536-3556

JEAN RIEDERER  
 Nuuanu Executive Director

KATHY AHLO  
 Office Manager

RON OKIMOTO  
 Senior Program Director

WILSON NEAL  
 Youth Teen Program Director

ISAAC SAKAMOTO  
 A+ Director

ERIN BERHMAN  
 Healthy Lifestyles Director

STEPHANIE COLLEY  
 Associate Healthy Lifestyles Director

OMAR ZALDANA  
 Aquatics Director

BEN VOSS  
 Membership/Marketing Director

CHERYL TANG  
 Assistant Membership Director

DAVID POORE  
 Building Supervisor



**CLUB/YMCA NEWS**

Nuuanu Y's Men & Women helping at  
**Nuuanu YMCA's**  
**"Annual Summer Family Fair"**

The Nuuanu YMCA's "Annual Summer Family Fair" was held on Thursday, July 19<sup>th</sup> from 4:30 pm to 8:00 pm, with set-up from 2:30 pm – 4:30 pm. The Nuuanu Y's Men's Club was in charge of the "Country Store." The club's main responsibility was to set-up the Country Store, price, sell and collect monies for the items sold during the event. Items for sale included fresh produce from Aloun and Sugarland-Jeft's Farms, and donations of books, baked goods, and lightly used goods from the Y's summer parents and YMCA Board of Managers.

Nuuanu Y's Men & Women, family & friends helping were KATHY & RANDY AHLO, CHERYL DACUS, GARY HIGASHIONNA, LARRY & MAE HIRANAKA, HAROLD KUWAHARA, ALBERT LEE, JIMMY OUCHI, PHYLLIS SAKANE POPOVICH, MAURICE SHIMONISHI and STEPHEN & SUSAN WONG.



LARRY HIRANAKA and ALBERT LEE



Left to Right: JIMMY OUCHI, CHERYL DACUS, GARY HIGASHIONNA, HAROLD KUWAHARA, MAURICE SHIMONISHI, MAE & LARRY HIRANAKA



HAROLD KUWAHARA



KATHY and RANDY AHLO



Nuuanu's RON OKIMOTO with STEPHEN WONG



MAE HIRANAKA, PHYLLIS SAKANE POPOVICH & SUSAN WONG



GARY HIGASHIONNA



LARRY & CHERYL DACUS

**MAHALO from the YMCA**

From RON OKIMOTO, Senior Director, YMCA of Honolulu, Nuuanu YMCA:

*"On behalf of the Nuuanu YMCA – Youth Department, I would like to express my sincere appreciation & gratitude to the Y's Men & Women Club for volunteering at our 2012 Summer Family Fair.*

*"Major events don't happen unless all the small but very important pieces come together to complete the larger puzzle. Last night ALL the pieces came together to create a "Masterpiece" thanks to your participation and support.*

*"A special thank you goes out to Larry Hiranaka & Steve Wong for contacting Sugarland-Jeft Farms and Aloun Farms who donated all of our fresh produce.*

*"Once again, MAHALO for making the 2012 Summer Family Fair a "HUGE" success!!"*

Sincerely,  
 Ron Okimoto  
 Senior Program Director  
 YMCA of Honolulu  
 Nuuanu Branch

**HAWAII REGION NEWS**

**CONGRATULATIONS, HAWAII REGION!**

By unanimous vote, all clubs have accepted the proposed Peace Project. Once again, mahalo to Jenny Yukimura for such a marvelous idea!

Lisa Joy Andres and her committee have met to start on the many details and decisions that need to be made. The following has been decided so far:

- this will be a DRAWING CONTEST with a short written description for fifth graders
- the theme will be "Peace Through My Eyes"
- a video will be created by our Region's youth Rep, Joy Andres, to explain and instruct
- parent permission forms are also being researched by Alissa Taniguchi (childcare staff at Leeward) and Maile Kanemaru of West Oahu's Club.

More details to follow.

Proud to be a Y's man!  
 Sharon Ishida  
 Regional Director, 2012-2013  
 Y Service Clubs International, Hawaii Region  
 E-mail: [anolani@aol.com](mailto:anolani@aol.com)  
 Phone: (808) 258-8594  
 P.O. Box 61813  
 Honolulu, HI 96839-1813  
**"One Heart In Service"**

**DIS 'N DAT**

**THANK YOU NUUANU Y'S MEN & WOMEN FOR DONATING SCHOOL SUPPLIES**

Nadia is thanking the club for the School supplies that were donated to the After school program. If there are any more school supplies that anyone has, please bring it to the meeting. ~ Maurice

*"Aloha this is Nadia Ibarra site director of the Club-mid after school program. Me, as well as my staff and teens just wanted to let you folks know that we are sincerely thankful for the supplies that you've given us. We hope that in return we could help out with anything that might be needed. Thank you again."*

Sincerely,  
**Nadia Ibarra**  
 Staff, Club-mid teens



**NUUANU Y SELECTED A+ PROVIDER**



Pauoa Elementary School has selected Nuuanu Y A+ program to be the provider for the after school services. Issac Sakamoto is with Lane Shimonishi who was one of the first participants in the A+ program the Nuuanu Y started under Robert Stivers-Apiki, Nuuanu Y Program Director, at Pauoa Elementary School. His children, Hugh, Emily and Gil are the second generation to enjoy Nuuanu's A+ program

**NUUANU Y BOARD WORK DAY PICTURES**

Pictures of the Nuuanu Y Board Work day coordinated by Stephen Wong, Property Committee Chairperson.



JORDAN ODO & STEVE WONG



STEVE WONG & RANDY AHLO with the Landscaper in back

**METRO DISTRICT NEWS**

Metro District Governor GARRETT HO visited our Nuuanu club meeting in August. Garrett reported the next Metro District Meeting will be on Saturday, October 13<sup>th</sup>, 9am to 12:30pm at Kalihi YMCA. Garrett also mentioned that the district was looking to have a Metro District Christmas Party this year.

**US AREA NOTES**

About half of the clubs in the US have 15 or more members out of 103 total for our Area. There are over 1600 clubs Internationally.

## LUMINARIES!

### HAPPY BIRTHDAY!

JULY > HELENA WALLIN  
 AUGUST > RANDALL JAY  
 > NAOMI AIMOTO  
 > HAROLD KUWAHARA

### HAPPY ANNIVERSARY!

JULY > GLENN & JOAN MATSUKAWA  
 > JOE CROFFORD &  
 DR KRISTI ADACHI  
 AUGUST > LARRY & MAE HIRANAKA  
 > HELENA & CHRISTOPHER MILLER

## NUUANU 2012-2013 CALENDAR OF EVENTS

### 2012

SEP ALL MONTH: FOODLAND GIVE ALOHA PROGRAM  
 SEP 10 – Business Mtg  
 SEP 23 – Chicken Sale

OCT 1 – Business Mtg  
 OCT xx – Teen Bowling

NOV 3 – Region Mid-Year Cabinet Mtg  
 NOV 5 – Business Mtg  
 NOV 18 – Thanksgiving Seniors Dinner

DEC 10 – Club Christmas Dinner Mtg /  
 Food Drive

### 2013

JAN 7 – Business Mtg  
 JAN 20 – YMCA Sunday  
 (church to be determined)

FEB 1-2 – Punahou Carnival Parking FR  
 FEB 4 – Business Mtg  
 FEB xx – ASC Dinner  
 (New Hope to make dinner)

MAR 4 – Business Mtg  
 MAR xx – ASC Victory Dinner  
 MAR xx – Metro District Conference

APR 1 – Business Mtg  
 APR 20 – Healthy Kids Day

MAY 6 – Business Mtg  
 MAY xx – Hawaii Regional Convention  
 (HNL)  
 MAY xx – Book & Bread Sale  
 MAY xx – Endowment &  
 Induction of New Members

\*Events Subject to Change

## INTERNATIONAL BROTHER CLUB NEWS

### Excerpts from Y's Men Club of Bauhinia Bulletin

#### Meetings:

- The 5th board meeting for 2011-2012 was held on 14th May 2012 (Mon) at 6:00pm at 1/F, Harbour view, Wanchai.
- The Annual General meeting was held on 14th May 2012 at 7pm at 1/F, Harbour view, Wanchai. Newly elected Directors for 2012-2013 were announced.
- A dinner meeting was held on 14th May 2012 at 7:30pm at 1/F, Harbour view, Wanchai. Ms. Yoonie Chu was the guest speaker and a talk on "What is yoga" had been presented. There were totally 15 past presidents, members and guests joined the meeting.

#### Charity Night:

- The 2012 Bauhinia Club's Charity Night was held on 15th April 2012 (Sun) at 7:30pm at Room 8, Craigengower Cricket Club, 188 Wong Nai Chung Road, Happy Valley. Honorable guest DG Frederick NG, 12-13 DDG James Kong, together with 54 guests from other Y's Mens Clubs of Hong Kong and our club members had attended the charity night. Singing, lucky draw, bingo and an auction were held in the 2012 Bauhinia Club's Charity Night.

#### Joint Installation:

- Joint Installation of Y's Men International ~ Hong Kong District was held on 7th July 2012 (Sat) at 7pm at the Crystall Hall, City View Hotel, 23 Waterloo Road, Kowloon.

#### Donations:

- The club made donations to the following:
  1. For supporting the social services of Y's Youth Club of Kowloon.
  2. To Chinese YMCA of Hong Kong for organizing the International Youth H.H. Camp for the deaf. The theme of the camp is "Make Some Noise (MSN)."
  3. To Y's Men's Club of Victoria for presenting a page of congratulatory message in the 50th Anniversary booklet.
  4. "Kindle Hope – A trip to Lianzhou," which is organized by Chinese YMCA of Hong Kong. All are welcome to join the trip.

## FOR YOUR HEALTH

**Stroke has a new indicator** / contributed by Harold Kuwahara

**Blood Clots/Stroke - Now Have a Fourth Indicator, the Tongue**

**RECOGNIZING A STROKE: Remember the 1st Three Letters.....S. T. R.**

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \*Ask the individual to **SMILE**.

**T** \*Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** (Coherently)  
**(i.e. Chicken Soup)**

**R** \*Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

**New Sign of a Stroke ----- Stick out Your Tongue**

Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.



**BEAUTIFUL PICTURES**  
From  
**KEISUKE ITOH,**  
Osaka Kawachi  
Y's Men's Club  
in Japan.

July is the month of starting of new fiscal year. Osaka Kawachi new address of website. <http://itosan.justhpbs.jp/>  
We will send what is going on our Club and District along with our Culture and Japan the beautiful.  
Y'sly yours  
Keisuke Itoh



**INTERNATIONAL NEWS**

**THE CENTENNIAL NEWS LETTER**  
*The Y's men's Club of Osaka Centennial*

August, 2012



**(The Bonfire in Kyoto)**

On July 18, kickoff dinner meeting for the year 2012 was held at Hotel Granvia Osaka, with a total of 30 Y's men, Y's menettes and Y's men's guests in attendance. With its emphasis on the EMC-C, Mr. Kouji i Matsuura outlined the meaning and purpose of the program.

Ms. Yoshiko Emi, new district governor of the Japan mid-west district presided over the installation ceremony of our new president, Mr. Gousuke Okamoto, who succeeded Mr. Kan Tanikawa. Mr. Tanikawa's outstanding leadership and contribution to our club as the president was much appreciated by all members.



**(Ms. Yoshiko Emi, new Governor of the Japan Mid-West District)**



**(Mr. Gousuke Okamoto, new Club President)**

Mr. Gousuke Okamoto aged 35, is the youngest president of our club's 30<sup>th</sup> history and we very much look forward to his fresh leadership. After encouragement by Ms. Yoshiko Emi, our new president, Mr. Gousuke Okamoto and all the officers of new term spoke about their aims and targets to achieve in the coming year, followed by speeches of respective service directors of the mid-west district.

Club treasurer, Sam Fujiwara reported club's financial results of the year 2010-2011 and new club treasurer, Mr. Hajime Ohmura also reported the budget for the coming fiscal year. Both reports were unanimously approved by all members attended. Yen 28,650 was collected as the club's Niko-niko (smiling) fund.

**Club Schedules:**

- August 1 Lecture and practice of the Japanese tea ceremony for the students of the YMCA Communication High School
- August 22 Summer dinner meeting at the Italian restaurant, "Papa Milano" from 6:45 pm
- August 29 Monthly business meeting of the club



**BULLETIN CONTRIBUTORS**

**MAHALO!**

- LARRY & MAE HIRANAKA
- HAROLD KUWAHARA
- ALBERT LEE
- RON OKIMOTO
- JOEY ROBELLO
- MAURICE SHIMONISHI
- STEPHEN WONG
- BONNIE AU
- SAM FUJIWARA, KAN TANIKAWA
- KEISUKE ITOH

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Please send comments, corrections, questions & contributions to bulletin editor Phyllis Sakane Popovich, email: [psakane@hotmail.com](mailto:psakane@hotmail.com)



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**Hawaii Region  
Monthly Focus and RSD's**

- September    Endowment  
                  (Ray Seto)
- October        Alexander Scholarship Fund  
                  & Dollars for Scholars  
                  (Bobby Stivers-Apiki)
- November     Brotherhood Fund  
                  (Jenny Yukimura)

**SEPTEMBER PROJECTS**



**Nuuanu Y's Men's & Women's Club  
CHICKEN & SUSHI SALE**

By Harold Kuwahara

Just a reminder that our annual chicken and sushi sale will be held on Sunday, September 23 in the parking lot of Nuuanu Y. We need to set up the shelter and packing tables beginning at around 7:30am, so if you can make it, please report at that time. Tickets may be picked up from Steve at our next club meeting. Please be sure to let Steve or Harold know as to how many chickens you sold, no later than a week before the sale on September 17<sup>th</sup>, so that we can place an order for them. Thanks, and we look forward to your help and participation in this event.

**FOODLAND'S GIVE ALOHA PROGRAM**

During the month of September, the Nuuanu Y's Men and Women's Club will be participating in Foodland's Give Aloha Program. Foodland Maikai members may donate up to a cumulative total of \$249.00 per person, per organization, at check out. OUR ORGANIZATION CODE IS **77305**. Please ask your friends and relatives to consider making a tax deductible donation to us. The Nuuanu Y's Men and Women's Club is a 501 C3 organization.

*"I have learned that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours."*  
—Henry David Thoreau

Nuuanu Y's Men and Women's Club  
c/o Nuuanu YMCA  
1441 Pali Hwy  
Honolulu, HI 96813



Welcome to the world of Y's Men's International.

We are a worldwide association of Christ-centered service clubs with a common loyalty to the YMCA.

This worldwide Christian fellowship includes men and women of all ages, races, nationalities, religions and socio-economic levels.

Together, with mutual respect and affection, we believe that we can put Christ teachings into action through active service.

During this process, we hope to make our communities, and ultimately the world, a better place to live and raise our children.