



Windward Y'er

Bulletin of the Windward Y Service Club

Chartered April 5, 1980

Club's 'Golden Book' Record is Strong

By Russ Lynch

Just who are the folks Windward Y Service Club has honored over the years at Endowment time?

In May, our club gave \$120 to the Endowment Fund of Y Service Clubs International and sent a write-up about our "living tribute" honoree, **Jane Kienutske Okazaki**, for permanent preservation in the "Golden Book" of Y'sdom tributes.

These tributes, from all the clubs who've made them, are available to look at, and print out if you like, via the website of the U.S. Area of Y Service Clubs, under "Golden Book Search" in the "Other Y's Men Links" section.

It's really worth taking a look at the folks our club has honored over the years, mostly with living tributes but occasionally, alas, with memorial pieces. Our club is Number 296.

The first one listed as honored by Windward, in 1988, was **Teruo Yohida**. That was before my time in this organization I think, certainly before I knew what it was all about, and I didn't know Teruo, but he was clearly quite a leader.

At that time he had been active in Y'sdom and in support of the YMC for more than 40 years, according to the Golden Book record. He joined the Windward Y's Men's Club in 1956, in its previous

entity since it was later disbanded, to be restarted in 1980.

Current Windward President **Jim Kanehira** remembers Teruo. "He was founder of our club. He was a very dedicated person," Jim said.

The writeup says he quickly became club president and rapidly moved up Lieutenant District Governor, then District Governor and soon "International Director" for the Hawaii Region.

He was part of the team that organized the Kaimuki Y's Men's Club and the Nuuanu Y's Men's Club, which he joined after Windward disbanded.

His support of the YMCA as a fund raiser and volunteer was constant. The Nuuanu club joined Windward in making the living tribute.

Next to be entered in the Golden Book by Windward, again

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President's Message from Jim Kanehira

Welcome to a New Club Year

We've had two good years under the willingness and leadership of **Joe-Ann** as President and we express much thanks to her.

A new club year has begun with three people in new leadership positions with **Bill** remaining as Secretary. It was with reluctance that I accepted being President again because of my hearing difficulty. However, I will try my best and ask you to be patient and to speak louder so all can hear what's being said, especially me.

At our first meeting, suggested club goals as discussed by the Executive Committee were accepted, thank you...and members were asked to retain club service directors positions, all confirmed. I believe we had a good meeting with nine members present. The close seating arrangement was very beneficial leading to better communication.

On Friday, July 27th, we will have our Summer Fun Parents' Night food booth so please save the date.

On Saturday, June 9th, Club Presidents had a training session at Kalihi Y. **RD Sharon** and **Linda Chung** provided much information and materials utilizing experienced Y's Men members as resource. Also, a new proposal for a Regional project was presented. You will receive information on this project through email so we can discuss it and make a decision on it. I am now more knowledgeable and motivated to serve you in a better capacity. We'll see.....Please come to the meetings and be **as active as possible**.

— Aloha, Jim



**Next meeting:
6 p.m. Monday, July 2
"Club Room" at
Windward YMCA**

Windward Y Service Club
2012/2013

Chartered April, 1980

President: James Kanehira
Vice president: Karel A. Ling
Secretary: Bill Stone
Treasurer: Freda Nakamoto,

Members: Kenneth Kadomoto,
Russ Lynch, Marion Liu,
Jack McCarthy, Joe-Ann McCarthy,
Karla Redding, Donna Saito,
Donald Scott, Osamu Shoji,
Emma Thomas, Wendy Tupper.

Youth Members:
Makena Liu, Ryan McMonigle
Young-Adult Member:
Lindsey McMonigle

Club Bulletin: Send items to
Editor: Jim Kanehira
jkjimini@gmail.com

Production: Russ Lynch
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**Club Service Directors
Named for 2012-2013**

President **Jim Kanehira** has named the club service directors for the new club year, many of whom are taking on the tasks again.

All have agreed to serve.

The list will be added to the club roster in the Hawaii Region's Internet pages and will also be printed out as a handout for our club meeting on July 2.

This is the list:

Alexander Scholarship Fund/
Dollars for Scholars - **Wendy**.
Brother Clubs - **Marion**.
Brotherhood Fund - **Karla**.
Bulletin Editor/Publisher - **Jim/
Russ**.
Christian Emphasis - **Karel**.
Community Service - **Donna**.

Endowment - **Ken**.
Historian - **Russ**.
Membership/Conservation - **Joe-Ann**.
Public Relations - **Bill**.
Time of Fast Global Projects - **Freda**.
Youth Service - **Wendy**
2013 Convention Committee Representatives - **Joe-Ann/Freda**.

We have not always had service directors formally appointed and know2ing who's supposed to be doing what should be very helpful.

Any members who aren't familiar with the various tasks these volunteers have taken on can find out more about each category by looking at "Service Areas" in the U.S. Area website at:

<http://ysmenusa.com>

Our Strong 'Golden Book' Record

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as a living tribute, was **Howard G. Nakashima** in 1990. Next after him was **Conrad Tsukayama** in 1993, a charter member of our club, also with a living tribute.

Altogether, Windward has honored 25 people in the Golden Book, although only 23 show up in the online list.

After Teruo and Conrad came four who had died, **Samuel Kalauo Naipo** honored in 1994, **Taeko Izaki Wellington** (1994) and **Albert K.H. Kim** (1996) and **F. Robert Meyer III** (1996). Then came seven living tributes: **James N. Kanehira** (1996), **George C. Wellington** and **Marion L. Liu** (both in 1997), **Kenneth N. Kadomoto** and Marion's sisters, **Gladys, Dorothy** and **Margaret Lee** (all in 1998), and **Yoshi Tsukayama** in 1999.

Next, in 2000, was a memorial tribute to **Masao Isobe**, an early executive of the Windward YMCA and active supporter of our club.

All the rest were living tributes: **Joe-Ann McCarthy**, recognized in 2001, followed by **Kenneth** and

Karel Ling in 2003, **Donna Saito** in 2004, **Russell Lynch** in 2005, **William Stone** (2006), **Osamu "Sam" Shoji** (2007), **Diane Sanderson** (2008), **Donald Scott** (2010), **Karla Redding** (2011) and **Jane Kienutske Okazaki** this year.

The International Endowment Fund, to which clubs used to contribute \$100 for each person honored but now \$120 per person keeps its capital intact but uses the interest earned to assist Y Service Clubs that need it.

That assistance could consist of providing emergency funds if a tragedy should strike a club or clubs, providing funds to solve special problems or carry on special projects, or to fund special training or resources to strengthen, extend and develop Y'sdom.

Anyone can contribute, as Osamu Shoji did this year with a \$100 contribution, but Hawaii's contributions usually come from the clubs, are gathered by the Hawaii Region and passed along to the International.

Inspiration

Christian Emphasis

"We cannot tell the precise moment when friendship is formed.

"As in filling a vessel, drop by drop, which makes it run over; so in a series of kindnesses there is at last one which makes the heart run over."

By James Bowell.

Submitted by Karel Ling

Our 'Outstanding' President

One of the highlights of the annual conventions of the Hawaii Region of Y Service Clubs International is always the awards ceremony, the handing out of certificates recognizing clubs that pass certain standards during the club year.

This year in Las Vegas was no exception. Particularly significant for us was the award to our president for 2011-2012, **Joe-Ann McCarthy** for being Hawaii's Outstanding Club President among the nine Hawaii Region presidents..

Russ Lynch, our member who was Regional Director, Hawaii, for the past two years, was more than delighted to hand the

certificate to Joe-Ann at the last convention business session in Las Vegas on May 5.

Our Windward Y Service Club also won awards for World Service, Membership and Conservation, YMCA Service and Community Service.

We didn't have enough issues of the club bulletin to qualify for the Bulletin award. (We haven't missed a month this year so we're on track.)

Awards were calculated by **Rick Lau**, Regional Service Director/Awards, and voted on by his awards committee. Outstanding Club of the Year was Nuuanu Y's Men's and Women's Club.



Russ Lynch, regional director for 2010-2012, presents the award to **Joe-Ann**.

Photo by Maurice Shimonishi

Short Notes --

Y Service Clubs International has a new "Family Letter" out, issued by headquarters in Geneva. Go to our Hawaii Region website to see it or download a copy.

U.S. Area's newsletter "Y's Alliance," covering the April-June quarter, is also out and you can find that, too, on our website:

<http://ysmenhawaii.org>

A Touch of Humor

Two kindergarten kids are talking while having a lunch break.

Girl: What is the capital of America?

Boy: Washington D. C.

Girl: No! "A" is the capital of America. You already forgot our lesson: capitalize proper nouns! ing to catch up on his sleep."

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

Why is the time of day with the slowest traffic called rush hour?

President Sets Goals for 2012-2013

Windward Y Service Club President **Jim Kanehira** and the club executive committee have set out a series of goals to keep us focused and on track through the coming year.

This is a summary of the highlights:

A. Strive to make our club meetings more meaningful and enjoyable. That includes having a quarterly meeting of the executive committee (president, vice president, secretary, treasurer and a member representative) to plan meetings. Have members do some personal sharing about what's going in their lives. Have club service directors give a briefing on that month's service emphasis.

B. Develop and maintain good communication on club meetings, information, Metro District and Hawaii Region activities. Includes emails to emails but also re-establish phone-tree communications, specially for when something needs to be done in a hurry

and distribute minutes quickly by email. Make sure club bulletin comes out 10 times a year minimum.

C. Maintain and improve on the community service projects from last year. Check with YMCA staff and other agencies we've served to see what help we can give.

D. Maintain membership and strive to increase by two members.

E. Strive for a balanced club budget. Continue money making projects and develop new ones.

F. Maintain close and meaningful relationships with Windward YMCA. Support YMCA projects. Get 100 percent club member support of Annual Support Campaign.

G. Be an active and cooperative member of the Metro District.

H. Be an active and supportive club of the Hawaii Region. Make monetary contributions to International service areas 100 percent of goal and on time.

Club Calendar

July Emphasis: Membership & Conservation

July 2, Monday

6 p.m. Windward YMCA.
Monthly meeting.

July 27, Friday

5:30 p.m. End of summer
Family Fun Fair at Windward
YMCA. We run a food booth.

Also in July:

Kick off Zippy's ticket-sale
fund raiser that runs through
September.

August 2-5

International Convention
Stavanger, Norway.

Brother Club's 30th

On June 23rd, Osaka Senboku club was to celebrate its 30th anniversary. We signed a Brother Club pact back in 1994 so we've been brother clubs for 18 years.

Throughout these many years, much benefit and understanding was gained through visitation to Japan and Hawaii. As far as I can recall, the following Y's Men and family members made visitations:

From Osaka - Bunya-san; Endo, Michihiro and son Masaki; Inose, Masao, wife Kumiko, son Takao; Inuma, Makoto; Kawashima, Akio; Matsuno, Goro; Okamura, Junjiro; Sasaki, Noriyuki and wife Sadako; Shoji, Osamu, wife Yasuko, daughters Junko, Tokiko, Etsuko, son-in-law Masanori, grand children Yasuke, Kaho, Shinta and Kippe; Shimanami, Hiroaki and daughter Mie, and finally Tsuji-san and wife Yumiko.

From Windward - Kanehira, Jim, wife Gladys and daughter Jolie; Liu, Marion; Lynch, Russell (only to Yokohama); Meyer, Bob; Tsukayama, Conrad and wife Yoshi, Wellington, George and wife Taeko.

Those who had experienced traveling are thankful for the friendship and bonds created. If opportunity knocks, travel.

Finally, I'm in the YMCA Pool

By Russ Lynch

I think it was seeing the "Commit to Get Fit" slogan around the "Y" that finally got me to at least make a start. After talking about for two years or so since my Kaiser health membership got me free YMCA membership through the "Silver and Fit" program, I finally got in the pool in the early morning a couple of weeks ago and have stuck with it since, on week-days anyway.

I can't say it's made any difference to my weight but I didn't expect that. What these daily swims have done is definitely made me feel lighter on my feet, more likely to get up out of a chair and do something physical.

Here are some notes I took:

Day One (June 12): Water's pleasantly warm a bit after 6 a.m. Got a lane to myself. Swam one length. Puffing, blowing, terribly out of shape. Barely able to stay afloat. Stayed in only 20 minutes, but breathing a lot easier. Felt a little better than usual all day, despite beers in the afternoon.

Day Two: Not yet big on sharing lap lanes, spent 30 minutes in rec-swim area. Not so much vigorous swimming but seems to be plenty exercise in just staying afloat in the deep end. No puffing and panting. Felt much fitter than yesterday. Weight on home scale, 230 lbs.

Day Three: Six lap swimmers, five lanes. Lane to myself. Three laps before fooling around in deep area. Felt even fitter though only in for 20 minutes.

Day Eight: Earlier, in the door right at 6 a.m. Alas, no lifeguard, nobody swims. Certified volunteer lady stepped up about 6:10 but said she'd have to close at 7:45. Good time for me today, much more active in the deep end.

Day Nine: 40 minutes in the water. Several laps. Felt even better. Seems being forced to breathe a lot makes me feel better. Weight

still 230, but I'm not there for weight loss.

Day 12: Shared a lane with a small frog, about half the size of my thumb. Lifted it out and lifeguard chased it away. Forty minutes in the water again. Got in about half a dozen fast (for me) laps before trying some self-designed exercises in the rec area. Feeling ever better each day after the pool. Much more energetic.

Day 14: Lane to myself for six or seven laps. Made half a length underwater. In pool for 40 minutes. Dog paddling in rec lane. Feeling great afterwards! Time to try H2O Fitness? Next week?

Dis-n-Dat

Great to see a couple of our members making the big-time media. **Marion** had her picture in the Honolulu Star-Advertiser on June 25, along with her niece and fellow Windward Y Board member **Aileen Deese**. They're part of a giant Lum family reunion.

That was just a day after **Bill** was seen on KHON-2, working with other members of the Windward Sunrise Rotary Club installing their gift of ocean rescue tubes at Kailua Beach.

See the picture at bottom.

Jim had a birthday June 19. Happy Wedding Anniversary to **Emma** and husband **Ace** on July 26.

