



# 'em up

Serving the YMCA and the Community since 1947  
Home Club of International Presidents Bill Ward (2002-2003) and Jim Mueller (1976-1977)

JANUARY—FEBRUARY 2012

VOLUME 64 ISSUE 4



**Our Prez Says**



**Echnoz's Notes**



*Happy New Year!* Remember that one year I had 29 resolutions? I made 1 this year. Appreciate. That's it. Just appreciate. Appreciate God. Appreciate great friends. Appreciate my husband, my children, my job. Appreciate my home, my dog, my health. Appreciate me. Do you have any resolutions this year? I would love to hear them! Feel free to send me a note or share a phone call. I wish all my Y's Men friends an amazing new year filled with love and blessings and appreciation.

I hope to see all of you on January 10<sup>th</sup> for campaign kick-off followed by a month of fun and fellowship as we work together to raise \$60,000 for our Y families in need of financial support. We continue to see a climb in financial support as we can all understand,

**Continued on Page 4**



**Annual Dinner**

International Website  
[www.ysmen.org](http://www.ysmen.org)

US Area Website  
[www.ysmenusa.com](http://www.ysmenusa.com)



**YMCA**

**Service Dates**

**January**

|                   |             |
|-------------------|-------------|
| <b>Bert Dulac</b> | <b>1967</b> |
| <b>Fred Davis</b> | <b>2004</b> |

**February**

|                      |             |
|----------------------|-------------|
| <b>Martha Kawada</b> | <b>1979</b> |
|----------------------|-------------|

**Birthdays**

**January**

|           |                      |
|-----------|----------------------|
| <b>3</b>  | <b>Lee Vasquez</b>   |
| <b>20</b> | <b>Bonnie Werts</b>  |
| <b>21</b> | <b>Martha Kawada</b> |

**February**

|          |                       |
|----------|-----------------------|
| <b>3</b> | <b>Norm Haroldson</b> |
| <b>4</b> | <b>Ray Harbold</b>    |
| <b>6</b> | <b>Audrie Echnoz</b>  |
| <b>8</b> | <b>Sue Randall</b>    |

**Anniversaries**

**January**

**February**



**Y's Men International  
 70th Annual  
 Convention**

**Aug 2 to 5, 2012; Sta-  
 vanger, Norway**

The International Con-  
 vention host commit-

tee has announced that the registration for IC 2012  
 opens on the official website October 15th. Book early  
 to assure the desired accommodations for the event are  
 secured.

Visit the official convention website:  
<http://www.ic2012.org>

**Next Deadline  
 February 15, 2012**

**Opinions expressed in this Publication are  
 those of the authors and do not reflect official  
 club policy.**

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 Gardena-Carson YMCA  
 1000 W. Artesia Blvd  
 Gardena, CA 90248  
 (310) 523-3470**

Photo Page



IP Visiting San Pedro



IP Dinner



New Member Induction



Annual Branch Dinner



### Golden Book



Laurel Ojeda was born in Los Angeles, California. She is the eldest of four children. She lived all her life in Hawthorne, California.

She went to work for

the Federal Aviation Agency as a secretary immediately upon graduation from high school. She went to work for the next twenty five years at Northrop Corporation as an administrative assistant. Laurel's hobbies include reading, traveling and enjoying her grandchildren. She was involved with the Boy Scouts as a Den Mother and in Little League as a coach.

Jose Ojeda was born in Puerto Rico and was the last son to be born into a family of eleven brothers and sisters. At seventeen he came to New York where he lived for several years before coming to California. He worked for Collins Radio before going to work for Northrop Corporation where he worked for 40 years and retired from in 1995. His hobbies include reading and traveling and cooking. He was involved with Wil-Kon Little League where he was a team manager and served as president of the league for six years.

Laurel and Jose have been married for 37 years and together they have six children, eight grandchildren and three great grandchildren.

The Ojeda's have been active in the Gardena Y Service Club for six years. Laurel has held the office of Membership Vice President, Program Vice President and President for two years. She is the current Secretary for the club. She has been a very active member of the club and is known for her energy and ability to get things done. Jose is a dedicated member of the club and is currently the Membership Chairman. He is known for his energy and motivation.

It is an honor to induct Laurel and Jose Ojeda into the Golden Book.

### Echnoz's Notes From Page 1

and the Y continues to meet the needs of our community.

2011 ends with an amazing catalog of successes to celebrate. Summer Day Camp is back and met the needs of many families this summer! What a wonderful way to remind the community of the Y and our impact...through new friendships, team building and character development. We enjoyed our Annual Dinner at the Home Depot Center this year. That was a fantastic event wasn't it? Blaine Bolin and Laurel and Jose Ojeda received the Golden Triangle Award. Congratulations! Your work will forever be remembered and celebrated. Sports and Preschool and Swim Lessons continue to be thriving programs at the branch. Youth and families fill the pool year round, Mom's and Dad's work without worry and children fight obesity while playing sports...and they don't even know it!

Thank you all for continuing to invest in your Y and the mission. As we continue to stand for healthy living, youth development and social responsibility, we are investing in creating a stronger community each day and year. Thank you all for your support and friendship. I cherish each of you and treasure our talks as you stop in my office or meet me for coffee! Love to all of you and Happy New Year my friends! PS We will miss you Dave and Ruth!

Love-

Audrie

Y's Men International participates in....





**Helping Hands Cheering on Big Week 6**

Y Service Club tops donors list, with Sports Advisory Board following.

The Y Service Club of Gardena Valley stepped up in a big way this week when longtime members Ray and Dolores Harbold, representing the former Y's Men's Club, presented Helping Hands coordinator Lydia James with a check for \$655.

From Gardena Valley News  
Gary Kohatsu—12/15/2011



**Annual Dinner**



Happy Valentines Day!

**2012 Key Campaign Dates**

| DATE   | TIME      | EVENT                                 |
|--|-----------|---------------------------------------|
| Jan. 5 <sup>th</sup> or Jan. 9 <sup>th</sup> | 6:30 p.m. | Coaching Meetings                     |
| Jan. 10 <sup>th</sup> , Tuesday              | 5:30p.m.  | Kick Off and Personal Pledges Secured |
| Jan. 17 <sup>th</sup> Tuesday                | 5:30p.m.  | Dinner by the pool \$20               |
| Jan 24 <sup>th</sup> , Tuesday               | 5:30p.m.  | Dinner in the Gym \$20                |
| Jan. 31 <sup>st</sup> , Tuesday              | 5:30p.m.  | Report Meeting                        |
| Feb. 7 <sup>th</sup> , Tuesday               | 5:30p.m.  | Report Meeting                        |
| Feb. 14 <sup>th</sup> , Tuesday              | 12pm      | Lovely Lunch with Seniors/Bingo!      |
| February 21 <sup>st</sup> , Tuesday          | 5:30 p.m. | Victory Dinner                        |

**Y Service Club**

Not a member yet? Here is some information about what we do with the YMCA.

**The Gardena Valley Y Service Club** (also known as Y's Men's Club) is a group of men and women of all ages working together on a voluntary basis to support the Y in its mission to advance youth development, healthy living and social responsibility. Members of the Y Service Club play a crucial role in helping the Y build a healthier and stronger community. The Gardena-Carson Y Service Club offers its voluntary members a way to connect with one another, an atmosphere of support for helping others, and an opportunity to give back to the community and make a difference.

**The Y Service Club continues to help in fundraising by hosting events and taking part in the YMCA annual campaign program. Proceeds from these events go to support various YMCA programs, and other community charities. Events the Y Service Club hosts include:**

- > The popular pancake breakfasts in the spring and fall
- > The YMCA/Y Service Club Fireworks Booth

**The Y Service Club also helps staff YMCA and community events and programs:**

- > Staffs the booths at the annual Healthy Kids Day in April
- > Assists in departure morning when sending kids to Y Camp
- > Supports the Annual YMCA Golf Tournament in the fall
- > Provides the labor and materials for the YMCA parking lot improvements, locker room upgrades, repainting the facility inside and out, reroofing, and other upgrade projects.

The Y Service Club draws its members from the Gardena-Carson Y Board of Directors, Y membership and from families of the community who are not current Y members. The club meets for dinner one time per month and has a business meeting once per month as well. To join or for more information, please contact President Amy Ikari at 310-612-4096.

## A Day With our International President

by Donna Ward

Ann Moler and I had the privilege of spending the first day of the year with our International President, Finn Pedersen, and his wife Ragnhild.

We picked them up early that day and attended the First United Methodist Church of Torrance. Following the service we drove to San Pedro so they could see the Norwegian **Seaman's Church. Unfortunately, it was closed** for the holiday weekend. I did know that in advance so we were not too disappointed. We then stopped for brunch at the Pacific Diner, a homey, local restaurant nearly at the end of Pacific Avenue. Just a few blocks away we stopped again and walked up to the Korean Friendship Bell. Except for some haziness we had a great view of the coastline and the harbor. Cutting over to Western Avenue we stopped at Green Hills Memorial Park where I needed to retrieve Christmas decorations from **Bill's gravesite before the Park discarded** them. The Pedersens were amazed at the size of the memorial park.

We had lots of time to get to know the Pedersens a little better, chatting about each **other's lives and Y's Men International. Club** members will have a chance to meet them at **the International President's Dinner on January 7<sup>th</sup>.**

It was a delightful day. Ann and I had a nice-time sharing our beautiful scenery and good weather with them

Chaplain's  
Corner

## Happy New Year, 2012!



As you look forward towards this New Year, Keep you eyes and heart on Jesus.

My favorite verse from the time I was a child: Psalm 121: 1,2. I lift up my eyes to the hills – where does my help come from? My help comes from the Lord, the Maker of heaven and earth”

As I walked to Jr Hi school and to church, I had this long walk looking at the West Maui Mountains. (Wailuku, Maui, Hawaii) Later, a group put a cross the ridge. This verse kept me going. May the Lord Jesus keep you going everyday. Keep His Love in whatever you do. “The Lord will keep you from all harm – he will watch over your life, the Lord will watch over your coming and going both now and forever more.” V. 7, 8

We have several members and spouses that are ill. Please keep them in your prayers: Martha, Phil, Phyllis, Lee & Betsy, and others that I am not sure. George is much better. Thank you for your prayers.

I pray that you had a great time with your children, grandchildren at Christmas. Now look to a wonderful time and year with them. Keep them in your prayers daily.

Dave, thank you for continuing to do our Y's Em UP. Please send us your address in Washington and phone number. Who knows, we might show up on your doorsteps. There are several of us that have family up there. Enjoy the snow this year. Kids, they have Snow Days. Days that they cannot go to school because of the snow. However, after school is supposed to be out for summer, they have to make up those Snow Days. Bummer.

Please everyone: Keep the whole family in your prayers and the whole situation. May the Lord Jesus keep you all close in His arms.

May the Lord Bless each Y's Man, spouse, family, and friends this New 2012 Year!  
Lovingly with His Love and Strength.  
Suzanne

# Y's Men International

## TIME OF FAST - DONATION CALENDAR

February 2012

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|---|---|--|--|---|--|--|
|  |  | <b>1</b> Open the window and let the sun shine in.               | <b>2</b> For every slice of toast you ate this morning donate 4 cents              | <b>3</b> For every telephone call this day, pay one cent.                           | <b>4</b> Do you have a sealed road in front of home? 10 cents                        | <b>5</b> Be Thankful and praise the Lord   |
| <b>6</b> Donate 5 cents for every door in your home.                              | <b>7</b> Donate 3 cents for every pair of shoes you own.                          | <b>8</b> Donate 50 cents if you ate anything else but rice today | <b>9</b> Enjoy the day.  | <b>10</b> Donate 50 cents if you don't know who is our ISG.                         | <b>11</b> Give 4 cents for every electric heating and cooking appliance you own.     | <b>12</b> Give 10 cents if you are retired, 30 cents if still working.               |
| <b>13</b> Donate 25 cents for every pair of spectacles you own.                   | <b>14</b> Were you angry in traffic today? Donate 25 cents.                       | <b>15</b> Donate 1 cent for every received Christmas card.       | <b>16</b> Donate 50 cents if you ate any frozen foods today.                       | <b>17</b> Make a friend   | <b>18</b> Give 3 cents for every Y's Men's banner you have.                          | <b>19</b> Donate 5 cents for every water tap at your home.                           |
| <b>20</b> Donate 3 cents for every night away from home this year                 | <b>21</b> Make a phone call to a lonely person.                                   | <b>22</b> Donate 25 cents for every Radio in your home.          | <b>23</b> Give 50 cents if you get a phone call from family or friends today.      | <b>24</b> Donate 40 cents for every car less than 3 years old at your home.         | <b>25</b> Did you use your mobile phone more then once? Donate 30 cents.             | <b>26*</b> Donate 2 cents for every Email received today.                            |
| <b>27</b> For every remote control you have donate 10 cents.                      | <b>28</b> If it rains donate 5 cents, if not, 30 cents                            | <b>29</b> Show your caring by sharing.                           |  |  |  |  |

\*26 February: Youth Time of Fast.     Dieting – the triumph of mind over platter.



INTERNATIONAL EMPHASIS FOR JANUARY IS ENDOWMENT FUND &  
FEBRUARY IS TIME OF FAST.

### Dates to Remember

|          |    |   |
|----------|----|---|
| JANUARY  | 17 | Campaign Dinner by the Pool \$20 5:30 PM  |
|          | 24 | Campaign Dinner in the Gym \$20 5:30 PM   |
|          | 31 | Campaign Report Meeting 5:30 PM           |
| FEBRUARY | 7  | Campaign Report Meeting 5:30 OM           |
|          | 13 | Bellflower Sweetheart Dinner              |
|          | 14 | Campaign Lovely Lunch with Seniors/Bingo! |
|          | 21 | Campaign Victory Dinner 5:30 PM           |

Gardena Y Service Club Roster

|          |                               |  |       |
|----------|-------------------------------|--|-------|
| 532-6036 | Davis, Fred/Anita             | 2027 West 149th Street, Gardena        | 90249 |
| 832-7051 | Dulac, Bert/Georgette         | 41 Avendia Corona, Rancho Palos Verdes | 90275 |
| 523-3470 | Echnoz, Audrie/Jeremy         | 1000 W. Artesia Blvd., Gardena         | 90248 |
| 324-5610 | Ginder, Phyllis               | 15430 Atkinson Ave, Gardena            | 90249 |
| 324-0884 | Harbold, Ray/Dolores          | 15015 Mariposa Ave, Gardena            | 90247 |
| 540-1055 | Haroldson, Norm/Joanne        | 21606 Scannel Avenue, Torrance         | 90503 |
| 323-9356 | Hasegawa, George/Suzanne      | 16126 Daphne Avenue, Torrance          | 90504 |
| 612-4096 | Ikari, Amy                    | 16948 Halldale Ave. , Gardena          | 90247 |
| 324-7693 | Kawada, Martha                | 16417 Denker Ave, Gardena              | 90247 |
| 329-3805 | Major, Ruth/Phillip           | 1469 West 187th Place, Gardena         | 90248 |
| 323-0173 | Moler, Ann                    | 15209 S. Gramercy Place, Gardena       | 90249 |
| 487-6887 | Myers, Dave/Ruth              | 310 Junction Blvd, Algona, WA          | 98001 |
| 679-5570 | Ojeda, Jose/Laurel            | 13522 Cerise Ave, Hawthorne            | 90250 |
| 532-8510 | Randall, Sue                  | 1953 W. 185th St, Torrance             | 90504 |
| 329-4458 | Vasquez, Lee/Betsy            | 15508 Parron Ave, Gardena              | 90249 |
| 329-7895 | Ward, Donna                   | 17909 Mahnattan Place, Torrance        | 90504 |
| 370-9136 | Werts, Bonnie                 | 21013 Ladeene Ave. #D, Torrance        | 90503 |
| 719-9767 | Wikkramatilleke, James/Elaine | 2521 Artesia Blvd., Torrance           | 90504 |
| 323-0173 | Wood, Nancy                   | 15209 S. Gramercy Place, Gardena       | 90249 |
| 523-3470 | Gardena-Carson YMCA           | 1000 W. Artesia Blvd., Gardena         | 90248 |

All cities listed are in California.

Except Myers in WA.



1966-1968-1969  
 1970-1971-1972-1975-1976  
 1981-1982-1983-1984-1985-1986-1987-1988-1989  
 1990-1991-1992-1993-1994-1995-1996-1997-1998-1999  
 2000-2001-2002-2003-2004-2005-2006-2007-2008-2009

**'11—'12 Club Officers**

President.....Amy Ikari  
 Membership Chairman..Jose Ojeda  
 Secretary.....Laurel Ojeda  
 Treasurer.....Fred Davis  
 Past President.....Laurel Ojeda

**Directors**

Bert Dulac  
 Suzanne Hasegawa  
 Donna Ward  
 James Wikkramatilleke

**Honorary Y's Men**

Lou Cacia  
 Alta & Floyd Chisam  
 Steve Difani  
 Sam Fujimoto  
 Joey Haroldson  
 Richard Hodges  
 Hank Ishida  
 Chuck Maciejewski  
 Audrey & Jim Mueller  
 Ray Seto

**Brother Clubs**

Järfälla Y's Men's Club, Sweden  
 Jinja Y's Men's Club, Uganda  
 Kaimuki Y's Men's Club, Hawaii  
 Kumbanad Y's Men's Club, India  
 Setagaya Y's Men's Club, Japan

**JANUARY—FEBRUARY 2012**

Gardena Valley Y's Men's Club  
 1000 W. Artesia Blvd.  
 Gardena, CA 90248

