

y's

'em up

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

MAY—JUNE 2010

VOLUME 62 ISSUE 8



**Our Prez Says**



**Echnoz's Notes**

Hoping all had a nice Easter. Spring is here and warmer weather is something I am looking forward to.

The YMCA pancake breakfast and Healthy Kids Day was April 17 and well attended. Our Freeway Spring Conference will be held on May 1 at our Gardena YMCA starting at 5:30 PM. The 128<sup>th</sup> Annual YMCA Dinner is May 25 at the Bonaventure Hotel. Our Laughlin trip is May 24, 25 and 26. The bus is full and we should have a good time. That brings us into June. The Regional Spring Conference will be held on June 12, and then we will be getting ready to work the Firework stand.

I would like to wish all Mothers a very happy Mother's Day and remember to fly your flag Memorial Day.

Y'sly,  
Laurel

What a great breakfast! Thank you all for your work, energy, and tireless dedication. This is the official kick off for raising funds for "Kids to Camp" and once again, many children will have an amazing camp experience because of you.

We have some exciting things going on at the YMCA. March was our first month of the new fiscal year and we are off to a great start. From February to March we saw 95 new members join our YMCA family. Aquatics enrollment went from 35 to 76 participants. This is one of our biggest increases ever and we are working to make sure we are a lead provider in offering water safety education. We are on the right track!

We have strengthened new relationships with community collaborators such as Memorial Hospital of Gardena, local neighborhood watch programs and LAUSD. Our board is growing rapidly with amazingly dedicated and

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Echnoz's Notes—Continued from page 1

hard working people who truly believe in the mission of the YMCA. Our committees are hard at work as well. The facility committee, finance committee, board development committee and now the golf committee are meeting often and are strategizing innovative ways to make sure this is a great year.

With over 2007 families now a part of this YMCA, I know our movement is making a difference to this community. Families feel like they belong at this Y...because they do. Thank you all for your continued service.

Healthy Wishes-  
Audrie



**Next Deadline**  
**JUNE 15, 2010**

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

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

**Service Dates**

**May**

**Dolores Harbold 1982**  
**Betsy Vasquez 1982**

**June**

**George Hasegawa 1968**  
**Donna Ward 1985**  
**Anita Davis 2005**

**Birthdays**

**May**

**4 Suzanne Hasegawa**  
**16 Scott Williams**  
**21 Dolores Harbold**

**June**

**15 Laurel Ojeda**  
**24 Anne Sutton**  
**30 Donna Ward**

**Anniversaries**

**May**

**5 Bill & Donna Ward**

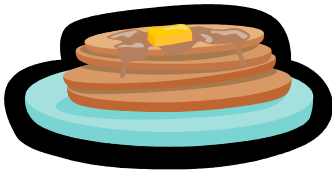
**June**

**17 George & Suzanne Hasegawa**  
**21 Bert & Georgette Dulac**

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

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

Photo Page



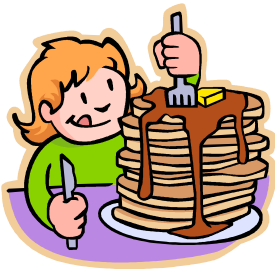
Pancake Breakfast



Pancake Breakfast



Pancake Breakfast



Freeway District Luau



## Pancake Breakfast



April 17 was a busy day for our club. The YMCA's pancake breakfast was held and well attended. The YMCA had the Healthy Kid's Day following the breakfast.

Thanks to all the Y's Men who help out: **Ray and Delores Harbold, Suzanne and George Hasegawa, Amy Ikari, Ruth Major, Ann Moler, Jose and Laurel Ojeda, Bonnie Werts, Sue Randall and James Wikkramatilleke.** A special thanks to Russell, Sue's son who helped clean up the grills. It was good to see **Donna and Bill** who were able to join us at the breakfast.



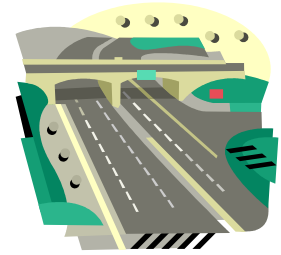
## East Valley Club's Sixth (6<sup>th</sup>) Annual Kalbi Night

On Sunday, March 21<sup>st</sup> 2010, at the Montebello-Commerce YMCA, the East Valley Y's Men hosted their Sixth (6<sup>th</sup>) Annual Kalbi Night. There was definitely a tantalizing aroma in the air as four members of the Gardena Y Service Club prepared to enjoy a gourmet evening filled with mouth-watering Kalbi, delicious, tender Bulgolgi, rice, potato salad, glass noodle salad, green salad and of course, kim chee. Freeway District Governor **Suzanne Hasegawa, George Hasegawa, Martha Kawada and Amy Ikari** enjoyed the evening from beginning to end.

There was a wonderful trio of musicians, some spiritual body worship and of course witty repartee by Past International President **Eric Kim.** It was good see friends from the Inglewood Club, Regional Director **J.R. Holdeman** and lovely wife **Gloria,** the Westchester Club, the Whittier A.M. Club, the Bellflower Club and those supporting the Montebello-Commerce YMCA. Thank you East Valley for the feast for the senses!

## 2010 Freeway District Conference

The Pacific Southwest Region Freeway District Conference was held on May 1, 2010 hosted by Suzanne Hasegawa Freeway District Governor.



A wonderful Luau Dinner which included Chinese Chicken Salad, Fried Rice, Char-Sui, Kalua Pork, Lomi Salmon, Hawaiian Fried Chicken, Chicken Teriyaki, Chow Fun, Paradise Chiffon Cake was prepared by **George and Suzanne Hasegawa and Amy Ikari** giving us a true taste of Hawaii.

Special recognition was given to following Y's Men and Women with 40 years of service or longer:

Gardena – **Bert Dulac** 43 yrs; **Ray Harbold** 53 yrs; **Norm Haroldson** 43; **George Hasegawa** 42 yrs; **Lee Vasquez** 43 yrs. Also recognized were **Ray Harbold, Norm Haroldson, George Hasegawa, Bill Ward, Donna Ward** for District/Regional/Area/International Service.

Southside – **John Sallie** 40 yrs; **Curtis Hopson** 40 yrs. **Ethel Hampton-Johnson, Curtis Hopson, Shirley Kelly, Ron Penn and Vivian Wolf** were recognized for District/Regional/Area/International Service.

Torrance – **Ralph Marzullo, Henry Fox, Gene Koester, Karl Walther** were recognized for District/Regional/Area/International Service.

Westchester – **Richard Gardner** (Founding Member).

Inglewood - **Esther Collins and LeRoy Fisher** were recognized for District/Regional/Area/International Service.

This conference was well attended and a good time was had by all.

**69th International Convention**  
**Yokohama, Japan**  
**August 5-9th, 2010**

### Haiti Update



Gwenael Apollon, General Secretary of the Haiti YMCA, reports that almost three months after the devastating earthquake in Haiti, hundreds of thousands of people continue to live in make-shift tent cities and the availability of basic necessities is limited. Inadequate sanitation and

close living quarters are promoting the spread of infectious diseases which will worsen with the arrival of the rainy season. The Haiti YMCA continues to provide support for those impacted by the disaster with a particular focus on the health and well-being of children and youth.

Thanks to the generous support of YMCAs and individuals across the United States, the Haiti YMCA has delivered critical services such as psycho-social counseling, education, recreation activities and family programs. A multinational YMCA support group (including the Latin American and Caribbean Alliance of YMCAs (LACA), the World Alliance of YMCAs, YMCA Canada and YMCA of the USA) continues to work with the Haiti YMCA on the development of long-term recovery and rebuilding strategies. In early March, a team of experienced technical volunteers (Paula Gavin, YMCA of the USA Board Member, Lynda Gonzales, YMCA of the USA International Group, Cathy and Ray Smith, U.S. YMCA technical volunteers, and Miguel Blasco, Latin American and Caribbean Alliance of YMCAs) traveled to Haiti to evaluate community need and develop a strategic operating plan for the Haiti YMCA. The short- and long term strategies are based on priority needs and the Haiti YMCA's capacity to deliver effective support and solutions. Rehabilitation priorities over the next 12 months, the Haiti YMCA will focus on delivering basic supplies to displaced residents, providing family and youth development programs, creating employment opportunities for vulnerable populations including women and the disabled, rebuilding YMCA facilities and increasing the Y's institutional capacity.

Specifically, the Haiti YMCA will:

- Increase the delivery of youth, young adult and family programs by 50 percent to 1,800 households through three YMCA centers (Port-au-Prince, Kenscoff and Camp Perrin), with a focus on expanded psychosocial support and counseling services to address post-disaster stress and trauma.
- Provide scholarships for children and youth to participate in education programs.
- Deliver YMCA programs and services directly to individuals living in two tent cities (St. Terese and Airport Cite Militaire).
- Expand programming at the Kenscoff center to accommodate the increasing number of displaced individuals who have migrated to the area following the disaster.

- Establish a YMCA employment training initiative for amputees to assist with the delivery of postdisaster recovery programs.
- Develop a micro-financing program that will offer 10 women an opportunity to build a business (with revolving funds) by providing each participant with USD \$500 in start-up funds.
- Rebuild the YMCA youth center in Port-au-Prince which was destroyed by the earthquake. Construction is scheduled for completion within six weeks of receiving emergency relief funding.

Haiti YMCA Update: April 6, 2010

- Identify, hire and train two executive-level staff and several part-time staff to strengthen the YMCA's capacity to deliver additional services to meet community need post-disaster.

- Strengthen the YMCA's institutional capacity in key areas to support long-term rehabilitation efforts through staff and



volunteer training, board development, governance and program development and delivery.

Long-term strategy: The emergency relief plans are consistent with the long-

term strategic priorities of the Haiti YMCA. Resources allocated to emergency relief will transition to long-term strategic priorities once the need has diminished or alternative services are provided. Programs developed as a result of the disaster will be integrated into ongoing programming provided by the Haiti YMCA as detailed in the Haiti YMCA strategic plan. Y-USA would like to thank the local YMCAs and individuals across the U.S. who have provided valuable technical and financial support to the Haiti YMCA.

In this time of need, cash donations are the most efficient and effective way to support the Haiti YMCA. If you would like to help, please make a donation to YMCA World Service at [www.ymca.net/worldservice](http://www.ymca.net/worldservice) or by calling (800) 8729622. Please be sure to specify that your contribution is for "Haiti Earthquake Support." Due to environmental concerns, lack of infrastructure and the limited capacity of the Haiti YMCA to host volunteers, YMCA of the USA will not coordinate a volunteer delegation at this time. We will continue to post information as it becomes available. You can find all updates at [www.ymca.net/worldservice](http://www.ymca.net/worldservice). Please feel free to contact me with any questions or comments. Selma A. Zaidi Vice President, International Group YMCA of the USA Port au Prince, Haiti March 2010

## Chaplain's Corner

Ann Moler, CE Chairman

### A SENSE OF AWE



G.K.Chesterton wrote:  
“The world is not lacking  
in wonders, but in a sense  
of wonder.” It’s said that  
if the earth was as small as  
the moon it’s gravitation  
wouldn’t sustain our

needs. On the other hand, if it were as large as Jupiter it’s extreme gravitation would make human movement almost impossible. If we were as close to the Sun as Venus the heat would be unbearable; if we were as far away as Mars every region would experience snow and ice nightly. If the oceans were half their size we’d get only 25% of our present rainfall; if they were one- eighth larger, annual precipitation would increase 400 %, turning the earth into a vast uninhabitable swamp. Water solidifies at 32 degrees Fahrenheit. But if the oceans were subject to that law, the amount of thawing in the polar regions wouldn’t balance out and we’d all end up encased in ice. To prevent this, God put salt in the sea to alter it’s freezing point. How’s that for a day’s works, O Lord! In wisdom you made them all...I will sing praise to my God as long as I live”. If God’s workmanship wouldn’t make you praise Him and want to know Him better, what would? John Stott said: Our greatest claim to nobility is our created capacity to know God, to be in a personal relationship with Him, to love Him and to worship Him. Indeed, we are most truly human when we are on our knees before our Creator.

Peace  
Ann Moler



## Update on Bill Ward

Dear Family and Friends,

We have met all of **Bill's** Hospice Team and are very impressed with the services they offer.

**Bill** had a good surprise on Monday. Five of his cousins who had attended the reunion in Rancho Mirage came to Torrance to visit with him before heading east to Oklahoma, Arkansas and Louisiana. He was very happy to have a chance to see them since we had to forgo the reunion last weekend.

**Bill** says he would welcome visitors now. Please call ahead of time to be sure the visit won't conflict with any of his scheduled Hospice services.

Since the team has encouraged us to continue all activities in which **Bill** feels like participating, we may travel to our timeshare for a week, leaving on April 30th.

Thanks for your continued prayers and concern.

Love,  
Donna

### The Y's Em Up is going **Green!**



Starting this month we will begin emailing a copy of your Y's Em Up to you. Don't fret though you will continue to receive your hard copy through the mail. Here are just some of the benefits of

going email only on the Y's Em Up:

- Saves Trees, Using Less Paper!
- Saves Club Money from Postage costs!
- Get your issue faster!

Send an email to [ysemup@rndimages.com](mailto:ysemup@rndimages.com) or to [DickbonnieW@aol.com](mailto:DickbonnieW@aol.com)

**LIGHTS ... CAMERA ... BURBANK!***A Premier Engagement,*Brought to all OUTSTANDING  
Members of*The Pacific Southwest Region**63<sup>rd</sup> Annual Convention*

October 8, 9 and 10, 2010

Los Angeles

Marriott

Burbank Airport

Hotel

Weekend Registration includes:

- ✓ **4 meals**, including the GALA Dinner
- ✓ **Excursions** to outstanding Attractions of Southern California
- ✓ Exciting, Dynamic and Relaxing **Forums**
- ✓ Parallel participation with **Youth Convocation**
- ✓ Opportunities for **Fellowship**
- ✓ Up to the minute **Y'sdom** Training
- ✓ **Fun ... Awards ... Surprises ... Gifts ...** and **...ENTERTAINMENT!**

**Early Registration** price of \$145 will be offered through **June 30, 2010**. Thereafter, Weekend Registration may go up to \$175. The price for a room is \$109 per night, **up to 4 Occupants allowed**. Parking \$ not included. Hotel arrangements need to be made by members. Call **800-736-9712**.

**We're going to Roll the Red Carpet OUT for YOU!**

**May's Emphasis on the Forward Plan**

Realising the prolonged slow growth, fluctuation and deterioration in membership in our Movement, the International Council Meeting in Kochi 2004, after serious deliberations, adopted an ambitious scheme named the "Forward Plan" strategies to

overcome the situation.

The basic idea of the Forward Plan was to improve and expand the image and identity of YMI in our communities, offering needy services to the common people and to the YMCA and as a result of this to enlarge our membership in numbers.

**CORE COMPONENTS OF OUR FORWARD PLAN**

To achieve the goals of Forward Plan, ICM approved the following areas for intensive concentration and follow

- Community Service
- Leadership Training & Organisation Development
- Membership Growth
- Relationship with the YMCA
- Youth Involvement

For more information on the Forward Plan visit [www.ysmen.org](http://www.ysmen.org)

**International Emphasis for May is that focus be given to the Forward Plan**

**Dates to Remember**

- |             |              |   |
|-------------|--------------|---|
| <b>May</b>  | <b>1</b>     | <b>2010 Freeway District Conference, YMCA, 5:30 PM.</b> |
|             | <b>24-26</b> | <b>Laughlin Trip, New Gardena Hotel, 8:30 AM.</b>       |
|             | <b>25</b>    | <b>128th Annual YMCA Dinner, Bonaventure Hotel</b>      |
|             |              |   |
| <b>June</b> | <b>10</b>    | <b>Business Meeting, YMCA, 7:00 PM.</b>                 |
|             | <b>12</b>    | <b>Spring Conference</b>                                |
|             | <b>24</b>    | <b>Installation Dinner, YMCA</b>                        |
|             | <b>28</b>    | <b>Fireworks Stand Opening, Sam's Club, Gardena</b>     |

**Gardena Valley Y's Men's Club Roster**

532-6036	Davis, Fred/Anita	2027 West 149th Street, Gardena	90249
832-7051	Dulac, Bert/Georgette	41 Avendia Corona, Rnacho 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
538-1349	Moler, Ann	15209 S. Gramercy Place, Gardena	90249
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, Bill/Donna	17909 Mahnattan Plcae, Torrance	90504
370-9136	Werts, Bonnie	21013 Ladeene Ave. #D, Torrance	90503
719-9767	Wikkramatilleke, James/Elaine	2521 Artesia Blvd., Torrance	90504
324-7672	Williams, Scott	16010 S. Orchard Ave, Gardena	90247
323-0173	Wood, Nancy	15209 S.Gramercy Place, Gardena	90249
324-4533	Young, Bob	1311 W. 170th St, Gardena	90247
523-3470	Gardena-Carson YMCA	1000 W. Artesia Blvd., Gardena	90248

All cities listed are in California.

**'09—'10 Club Officers**

President.....Laurel Ojeda  
 Pres. Elect.....Amy Ikari  
 V-President.....Donna Ward  
 Secretary.....Bonnie Werts  
 Treasurer.....Fred Davis  
 Past President.....Ann Moler

**Directors**

Bert Dulac  
 Suzanne Hasegawa  
 Ann Moler  
 James Wikkramatilleke

**Honorary Y's Men**

Lou Cacia  
 Al & 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



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

**May—June 2010**

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



Motto: To acknowledge the duty that accompanies every right.