



Club Celebrates 20th Anniversary



Charter club members (L-R): Phil Chun, Iris and Greg Lee, Eddie Miwa, Gary and Paulette Ogata.

It took two years of recruiting and planning between Ray Takeshita and Phil Chun before the Kalihi Y's Men's and Women's Club completed its chartering on January 19, 1991 at the Tripler's Officers Club. Larry Hiranaka of the Nuuanu Club was the Regional Director that year, and he installed the club's first officers: Ray Takeshita, President, Helen Takenouchi, Vice President; Mike Lacuesta, Secretary; and Sunny Young, Treasurer.

Twenty years later, the Kalihi club celebrated with a 7-course Chinese banquet at the Wah Kung Restaurant in Mapunapuna. Charter members present were Greg and Iris Lee, Eddie Miwa, Phil Chun, Gary and Paulette Ogata.

Phil Chun gave a short history of the club, while Charlee Malott spoke on the valuable contributions the club made to the Kalihi YMCA of the past two decades. This was followed by a short business meeting led by President Juanette Quiroz.

A great turnout of twenty seven people attended the event, including Phil Chun's family—Mei-Chih, Randall, Susie Chun Oakland with husband Mike Oakland, son Christopher and daughter Lauren; Bev and Dick Wong,



Dick and Bev Wong

Eddie and Liane Miwa, Charlee and Bert Malott, Tony Pfaltzgraff and Charlene Young, Dave and Sue Ann Endo, Erin Berhman, Ron Okimoto and daughter Taylor Ann, Wayne and Marjorie Kim, Ethel Takamatsu, Juanette Quiroz and friend Francisco Baca.

HAPPENINGS

March

- 14 Membership Meeting**
Kalihi YMCA, 6 p.m.
Dinner Hosts: Erin, Tony, Dave and Greg
- 17 ASC Drop Off Report**
- 19 ASC Casino Nite**
Kalihi YMCA, 5:30 p.m.
\$15 Donation
Auction item needed
- 25 Metro District Endowment Dinner and Club Officers Installation** — Japanese Cultural Center, 6:30 p.m.
\$25 per person
Golden Book Honoree: Renee Guillermo

March

- 19 ASC Casino Nite**
Kalihi YMCA, 6:00 pm

CELEBRATIONS

Happy Birthday!

March

- 12** Tony Pfaltzgraff
- 24** Tom Kusatsu

Happy Anniversary!

March

- 4** Tony Pfaltzgraff and Charlene Young
- 24** Bev and Dick Wong

Much thanks to Bev and Dick Wong for making the restaurant reservations and menu and for taking care of the finances. Thanks also to Tony Pfaltzgraff and Charlee Malott for providing the packages of gourmet cookies for everyone. Everyone had a very enjoyable evening together. ▼

20th Anniversary—Photos of Kalihi Club Members Past*

*with the exception of Sunny Young and Tony Pfaltzgraff, who are still current Kalihi Club members



Peter Kuroda and Mike Lacuesta, 1999 (left); Cliff Shin, 1995 (above)



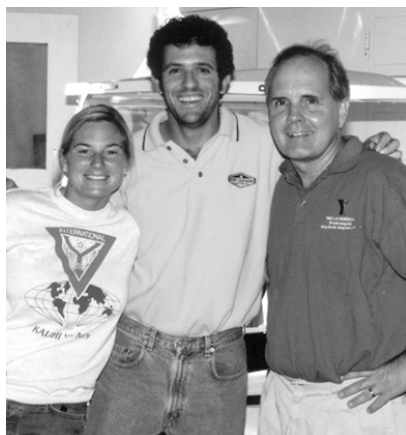
Chad Wong, 1998 (above); Ray Takeshita and Sunny Young, 2002 (right)



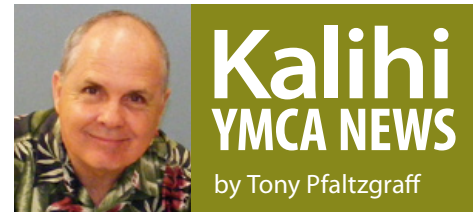
Willie Wong, 2008 (far left); Sally Wong, 2009 (left); Carolyn Saito, 2009 (right)



Carl Tanaka running the Honolulu Marathon, 2007 (far left); Courtney and Josh Heimowitz (Camp Branch) with Tony Pfaltzgraff at the Kalihi YMCA Carnival, 2001 (left)



Note: Caption dates refer to year photo was taken.



The first quarter of every year is always an extremely busy time at the Y. Along with the running of children, teen and fitness programs, there is also the Annual Support Campaign to focus on as well as proposals to prepare for new A+ sites and for teen funding opportunities like the Office of Youth Services and Family Court.

That is why it is so helpful for this Branch to have the support of the Kalihi Y's Men's and Women's club. To have club members take part in planning for the ASC Casino night makes the task that much easier. Many thanks to Bev and Ethel for agreeing to help make spaghetti for the event; it certainly takes some pressure off of staff, and we all know how good that food will be!

In the midst of everything, it was great to spend the evening of February 19th with club members at Wah Kung restaurant. It was good to hear Phil talk about the founding of the club, and to also hear Charlee share how important the club is to the Kalihi Y. The good food, the jokes, the laughs all add up to wonderful fellowship. ▼

Regional News

Chair Duke Chung convened another Convention Planning meeting on Saturday, February 12 at the Kalihi Y to finalize most of the details for the upcoming Regional Convention to be held in Hilo.



Duke Chung

Special craft classes will be planned for those participants not going on tours. Charlee Malott has volunteered to take charge of printing and collating the Regional Convention booklet. ▼

20th Anniversary—Dinner Party at Wah Kung Restaurant

Row 1: Greg and Iris Lee, Eddie and Liane Miwa



Row 2: Juanette Quiroz and friend Francisco Baca, Erin Berhman, Gary and Paulette Ogata



Row 4: Wayne and Marjorie Kim, Ethel Takamatsu, Charlene Young, Mei-Chih Chun, Randall Chun

Row 5: Tony Pfatzgraff, Susie Chun Oakland, Lauren and Christopher Oakland, Phil Chun



Work Project: A Pruning Frenzy



Clockwise from upper left: **Dan Takamatsu, Eddie Miwa, Dick Wong and Wayne Kim**

The Kalihi Service Club's Yard Service Crew went out to Alan Hiramatsu's home in Salt Lake to prune his jabong tree, and ended up not only completing the job, but pruned another four trees for his neighbor. Thanks to Dan Takamatsu's pole chain saw, and Wayne Kim's chain saw, the job was made much easier. The crew completed both jobs in 8 hours, with Dick Wong providing bonus services by clearing out weeds at both homes. Eddie Miwa, Phil Chun, Ethel Takamatsu and Bev Wong cut the large branches into smaller units and tied them into bundles for rubbish pickup. Wayne and Eddie also to a trip to the landfill in Kailua to unload a truckload of green waste from the Hiramatsu's jabong tree. Dan was working hard despite his hernia. (He will be undergoing surgery soon to fix the hernia).

Much thanks to Bev and Ethel for providing the delicious lunch for the hard working crew. Ethel attended the Regional Convention meeting at

Kalihi Y before coming out for the yard project, while Phil had to take a couple of breaks to take Mei-Chih to and from St. Francis Hospital for her dialysis treatment.

The following is a special report on the trees we pruned for Alan Hiramatsu's neighbor, Lincoln, from Bev Wong

Hi, gang! We passed by Alan's house and saw Choon pulling all the branches we bundled in Lincoln's yard. She was cutting all the leaves off the branches. I asked what she was doing. She said she was going to give the leaves or sell them because people use them to make tea or bagged them to keep insects away. She kept saying "leem", but Dick recalled reading about it and said it's called *neem*. I always get insect bites [Neem oil has been found to be an effective mosquito repellent.]. Now Lincoln doesn't have to worry about getting rid of the bundles, as Choon is doing it for him. ▼

Today's Thought

Explanation of God, by Danny Dutton, age 8, of Chula Vista, California, written for a 3rd Grade assignment to "explain God"

Explanation of God

One of God's main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He doesn't make grownups, just babies. I think because they are smaller and easier to make. That way he doesn't have to take u his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers.

God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times beside besides bedtime. God doesn't have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off.

God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you shouldn't go wasting his time by going over your mom and dad's head asking for something they said you couldn't have.

Atheists are people who don't believe in God. I don't think there are any in Chula Vista...At least there aren't any who come to our church.

Jesus is God's Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God...They finally got tired

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Explanation of God *Continued from page 4*

of him preaching to them and they crucified him. But he was good and kind, like his father, and he told his father that they didn't know what they were doing and to forgive them and God said, "O.K."

His dad (God appreciated everything that he had done and all his hard work on earth so he told him he didn't have to go out on the road anymore. He could stay in heaven. So he did. And now he helps his dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother God. Like a secretary, only more important.

You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time.

You should always go to church on Sunday because it makes God

happy, and if there's anybody you want to make happy, it's God.

Don't skip church to do something you think will be more fun like going to the beach. This is wrong. And besides the sun doesn't come out at the beach until noon anyway.

If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids.

But...you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases.

And that's why I believe in God.

Kalihi ASC Second Report—2/17/2011

The Kalihi YMCA Annual Support Campaign raised 549 members and \$56,089 in cash and pledges, or 66% of its \$85,000 goal for 2011 at the second report meeting on February 17. The Kalihi Y's Men's and Women's Team raised 58 members and \$16,555 in cash and pledges as of 2/17/2011.



Charlee Malott

Juanette Quiroz, Capt.	1m	\$ 200.00
Phil Chun	30m	5,420.00
Dave Endo*	2m	250.00
Wayne Kim	no rpt	0.00
Greg Lee	1m	200.00
Charlee Malott	8m	2,040.00
Tony Pfaltzgraff	7m	4,760.00
Dan Takamatsu*	2m	2,400.00
Ethel Takamatsu	5m	255.00
Dick Wong	2m	1,030.00

*club members on Kalihi Y board teams

Here's to Your Health!

Curb Your Carbs

Low carb diets are better for cholesterol than low-fat ones. **Recent finding:** People on either a low-carb or low-fat diet lost about 15 pounds—but those on the low-carb regimen had a 23% increase in HDL (good cholesterol), compared with a 12% improvement for those on the low-fat diet.

Gary Foster, PhD, director, Center for Obesity Research and Education, Temple University

Annual CT scans for smokers reduce risk of dying by 20%, says Christine Berg, MD. **Recent finding:** People ages 55–74 who averaged a pack of cigarettes a day for 30 years and who still smoked or had quit within the past 15 years benefited

from annual low-dose CT scans. The scans detect many lung cancers earlier than is otherwise possible, leading to improved treatment and lower death rates. **Christine Berg, MD**, is project officer, National Lung Screening Test National Cancer Institute, Bethesda, Maryland

Beans lower blood sugar. **Recent finding:** Diabetics who ate ½ cup of beans a day—garbanzo, black, white, pinto or kidney beans—had significantly lower fasting glucose, insulin and hemoglobin A1C, a marker of long term glucose control. **Cyril Kendell, PhD**, Research Associate, Department of Nutritional Sciences, University of Toronto

FYI is a publication of the Kalihi Y's Men's Club, Chartered on January 19, 1991.

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