



"To Acknowledge the Duty that Accompany Every Right"

## 70th Hawaiian Region Convention

by Dan Takamatsu

The Kalihi Y's Men and Women's club had the largest delegation at a convention in many years. Bev and Dick Wong, Sally and Willy Wong and Dan Takamatsu and guest Ethel attended the 70th Hawaiian Regional Convention on May 19th thru 22nd in Hilo, Hawaii. The convention was hosted by the Hilo Y's Men and was well planned and carried out. After a shaky start when the Naniloa Hotel, the convention hotel, changed ownership and became Naniloa Volcanoes Resort, the Hilo Y's Men were told by the new owners that they had no records of the reservation and the deposit. However, the Hilo Y's Men succeeded

in clearing that problem and put together a great convention.

The official business conducted at the Convention included reports by the various Regional and District officers and committee chairs and club officers, adoption in principle of the Policies and Procedures Manual (PPM), the election of the new RADE, Phil Sammer and the bid for the 71st Hawaii Regional Convention by the Metro District. One item in the PPM was almost unanimously objected to and defeated was the creation of a 501-3c tax status for the

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## Kalihi YMCA News

By Tony Pfaltzgraff, Kalihi YMCA Group Vice President & Co-Executive Director

The 19th Annual Kalihi YMCA Endowment Golf Tournament hosted 153 golfers on May 17th. Thanks to Sally and Wilfred Wong, Mei-Chih and Phil Chun, and Dick Wong for coming out to volunteer to help register golfers. This year's tournament was the largest one we have had in many years and we needed all the help we could get to enable golfers to get out on the course as quickly as possible. Club member Dan Takamatsu

Kalihi YMCA Board Chair Willie Domingo and Y's Men Wilfred Wong set up spam musubi lunches for the golfers.



continued his tradition of adding \$100 to his prize for any golfer making a hole in one at the tournament. The prize now totals \$600 and it certainly motivates

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## Happenings

### JUNE

**12 Membership Meeting:**  
 Kalihi YMCA, 6:30 p.m.; dinner hosts: Dan, Greg, Wayne, Josh

### JULY

**Summer Fun Carnival  
 Country Store Project**

## Celebrations

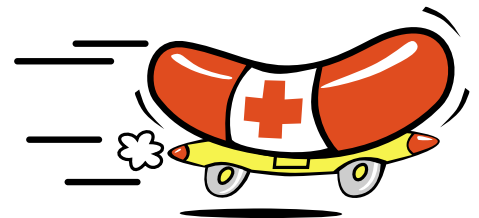
### HAPPY BIRTHDAY!

**MAY 30** Kumajiro Mori (Sapporo)  
**JUN 15** Eddie Miwa  
 17 Ethel Takamatsu  
 29 David Ogata  
 30 Garrett Ogata

### HAPPY ANNIVERSARY!

**JUN 27** Wayne & Marjorie Kim

LAUGH A LITTLE,  
 LIVE LONGER



A new, young MD doing his residency in OB was quite embarrassed performing female pelvic exams. To cover his embarrassment he had unconsciously formed a habit of whistling softly.

The middle aged lady upon whom he was performing this exam suddenly burst out laughing and further embarrassed him. He looked up from his work and sheepishly said, "I'm sorry, was I tickling you?"

She replied, "No Doctor, but the song you were whistling was *I wish I was an Oscar Meyer Wiener.*"

— Anonymous

# Here's To Your Health!

## Convention

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**R**ed chili pepper fights cancer, says Sanjay Srivastaya, PhD, assistant professor of pharmacology at the University of Pittsburgh School of Medicine. It contains capsaicin, an anti-inflammatory that is effective against cancer cells. In tests capsaicin caused cancer cells to die without damaging normal ones. Though clinical trials are needed before a recommendation to eat chili pepper can be made, it can be enjoyed as part of your regular diet.



**The Aloe plant's** thick succulent leaves produce a clear, slippery gel and a bitter yellow latex. The latex, extracted from the leaf's skin contains a powerful laxative that has been banned by the Food & Drug Administration. But the gel appears to be quite safe. A few studies have suggested that aloe gel applied to skin may help speed healing of minor burns, abrasions, frostbite, psoriasis and sores. Gel squeezed from a leaf of an aloe plant is more potent than many commercial preparations. ▼

Region to include all of the clubs. It was requested that the PPM be discussed by the clubs before the next District meeting in October 2006.

The officers training session was divided into two sections in which all convention attendees were encouraged to participate. It started with a very interesting general session regarding the increased pace of changes happening today and followed by sessions for presidents, vice presidents, secretaries and treasurers.

Friday included a golf tournament in the morning, the Welcome Banquet with a short session of karaoke and ended in the hospitality room. Bev, Dick and Ethel went to the Hilo Open Market on Saturday morning while Dan attended the outgoing Cabinet meeting. The Installation Banquet was held on Saturday night highlighted by the installation of all of the incoming officers present by APE Fred Leonard.



The dinner was followed by the auction, karaoke and hospitality room. The Convention was also attended by a large delegation from Japan. Sunday closed with a brunch and the Incoming Cabinet meeting.

Except for the golf tournament there was very little free time and no other planned non-convention activities were held. However everyone had a great and enjoyable time. ▼

## Thought for the Day



### Speak out for Others

*Speak up for those who cannot speak for themselves, defend the rights of those who have nothing. Speak up and judge fairly and defend the rights of the poor and needy.*

—PROVERBS 31:8-9

**M**OST OF US have worked hard for what we have and admit to living in relative luxury compared to most of the world's inhabitants. We've been indoctrinated in the belief that our abundance is proof that we are good stewards of God's gifts. Unfortunately few of us can really believe that God could intend for us to give up some of

what we have so that others could have more.

It is easier to blame the disadvantaged for being in such circumstances than to try and remedy the basic causes of their plight. Instead of such "quick-fix" solutions as food pantries and homeless shelters we should be honest partners with those who struggle to survive in search for ways to relieve their situation.

Oh God help us to feel the needs of the world around us. Remind us of our collective strengths as we gather and work together for the greater good of all. Inspire us to act in ways that will help make this a better world for *everyone*. AMEN.

## Kalihi Y News

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golfers who play in the tournament. However we have not had a hole in one since Dan began offering this prize. Could it be possible that Dan's prize

now serves as a jinx to the golfers? We'll have to see how many year's the tournament goes without a hole in one. Some years back we had holes in one two years in a row. Oh well, let the mystery continue.

We are now registering children for

our 2006 Summer program. With the advent of the new DOE school calendar the summer now lasts only six weeks. We hope to have more than 75 children come to the Kalihi YMCA for the program. We will also have a site at Gus Webling in Halawa. ▼

# Club Meeting Notes

Representing the club at the Regional Convention will be Dan and Ethel Takamatsu, Sally and Wilfred Wong, and Bev and Dick Wong. Phil and Mei-Chih Chun will represent the club at the Metro District Endowment Dinner on May 17, as none of the officers and Golden Book designate Tony Pfaltzgraff will not be able to make it. Dick and Bev Wong, and Sunny and Norma Young will be helping with the Taste of Honolulu Easter Seal Project.

Much thanks to Dan Takamatsu, Sunny Young, Wayne Kim, Eddie Miwa, Phil Chun, Dick Wong and Sally and Wilfred Wong for helping with the Manana School sidewalk project. Although the work was finished about 2 p.m., the group had to stay to 4 p.m. because it started to rain and the cement could not get hard enough for the edges to be cut. Sunny also had to come back the next day to remove all the forms.



Wayne Kim spent the whole day mixing cement for the walkways.

Dan announced that the telephone tree/dinner host assignments will remain the same for the coming program year, which will now be July 2006 to June 2007, conforming to the new Regional year. Dick Wong, Phil and Mei-Chih Chun, Sally and Wilfred Wong and Tom Kusatsu will be helping Tony with the YMCA Golf Tournament on May 17.

Members agreed to paint the parking lot lines at Lanakila school again. July 8 was the suggested date. Phil will contact the school principal. ▼



Willie Wong and Eddie Miwa remove cement bags protecting the wet cement from the rain.

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PHIL CHUN'S COMPUTER CRASHED, and he had to get another used one, but there were a lot of problems as the new computer couldn't match up with the old software and printer. It took over two weeks to get most of the bugs out, but the computer still "freezes up" frequently. *Very frustrating!!!*...Greg and Iris went on their Alaskan cruise and travel to the Northwest USA, while Sunny has been on several trips lately. ▼

## METRO DISTRICT NEWS

Metro District Clubs honored their respective Golden Book choices for 2006 at the annual dinner sponsored by the Kaimuki Club. Kalihi members Phil and Mei-Chih Chun were among the over 70 Y's men and women and spouses who were present at the May 17th dinner held at the Japanese Cultural Center. US Area President Elect Fred Leonard gave the keynote address and installed the incoming club Officers. New members from the Central and Windward clubs were also inducted.

## REGIONAL NEWS

Planning for the 2007 Regional Convention has already begun, with tentative sites being checked out, including the Pagoda, Ilima Hotel, and the YMCA of Honolulu. Assignments agreed on are: Central, Rooms and Reservations; Kalihi, Hospitality; Nuuanu, Activities; and West Oahu, Registration.

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