



"To Acknowledge the Duty that Accompany's Every Right"

## Regional Convention and Service Projects

**T**he 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.

Club members spent a whole day, from 8:30 a.m. to 5:30 p.m., Saturday, June 24, painting Bev and Dick Wong's rental unit in Kaneohe. At day's end three bedrooms, a hallway and living room were completed and the house was ready to be rented out again. Much thanks to

Eddie Miwa, Wayne Kim, Tom Kusatsu and Phil Chun, who came out to assist Bev and Dick.

On the following day Bev and Dick and Norma and Sunny Young spent several hours assisting with the Easter Seals Taste of Honolulu Project. Bev and Dick enjoyed their work at the Down To Earth booth. Not only were they fed, but because they had to park in an area further than normal, they were given extra \$5 food coupons on top of their \$10 coupons. Meanwhile Sunny and Norma were helping out at the Mandalay Restaurant booth. ▼



**Dick Wong and his granddaughter break for lunch with Tom Kusatsu at the Wong's Kaneohe rental unit.**

## Kalihi YMCA News

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

**S**ummer has begun and the Kalihi YMCA is bursting at the seams! We have 120 children in our summer fun program at the Branch with 60 more at Gus Webling Elementary. In addition, we are running afternoon programs at Moanalua and Halawa District Parks.

Our summer program at the Branch has really stretched the use of our new facility. The children are primarily on the 3rd floor, but groups also use the Chun Multipurpose room on the 2nd floor, and the teen lounge on the ground floor. Staff has been doing a great job

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## Happenings

**Emphasis: Public Relations—**  
**Donna Schulze SD**

### JUNE

- 24 Painting Project:** Wong's Kaneohe Rental
- 24 Takamatsu's "Fun Raiser":** Las Vegas
- 25 Taste of Honolulu project:** Sunny and Norma Young, Bev and Dick Wong

### JULY

- 1 Wong Family Reunion:** Bev and Dick Wong's Kaneohe rental
- 10 Club Meeting:** Dinner Hosts: Bev and Dick Wong, Tony Pfaltzgraff, Mike Lacuesta, Ray Takeshita
- 15 15 Yard Cleaning Project:** Wong's Neighbor's house, Salt Lake
- 21 Summer Fun Carnival:** Kalihi YMCA, 3 p.m.–7 p.m.

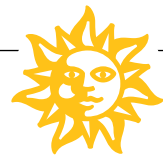
## Celebrations

### HAPPY BIRTHDAY!

- JUN 15** Eddie Miwa
- 17** Ethel Takamatsu
- 29** David Ogata
- 30** Garrett Ogata

## REGIONAL NEWS

The Regional Cabinet meeting has been set for Saturday, October 14 at the Ilima Hotel, with Regional Director Phil Sammer presiding. Club president Dan Takamatsu and Time of Fast Regional Service Director Phil Chun are scheduled to attend. The Regional cabinet also designated October 21 as the "Make a Difference Day" project. It was announced that Ray Seto, past Regional Director and Area President, will be a candidate for International President.



**A**fter spending a day painting their rental unit, and the next day helping with the Taste of Honolulu, **Bev and Dick Wong** were very busy with their big family reunion on July 1. Dick's Arowana fish died recently as it jumped out of the tank, even with 3 bricks Dick put on the aquarium cover. It had jumped out twice before,



**The Asian Arowana (Dragon Fish) is the most expensive freshwater aquarium fish in the world. A super red Arowana, shown here, can sell for thousands of dollars. This exotic fish, native to Southeast Asia and growing up to 2 ft. in length, is prized for its size, color, shape, and grace. The Chinese regard it as a symbol of good luck and prosperity.**

fortunately when Dick was home, and Dick had put one, then two bricks on the cover. Unfortunately, no one was home when the fish jumped out the third time...**The Dan Takamatsu's** will be in Las Vegas for a "fun raiser" on June 24, so Dan will not be able to help Bev and Dick paint their rental unit in Kaneohe...**Phil and Mei-Chih Chun's**

duplex that the club helped paint in February has finally completed renovations and has been sold. Their daughter **Jeanne** and family from New York is visiting and the whole family took part in the YMCA Camp Erdman Family Camp during the June 30 weekend ...**The Summer Fun Carnival** will take place on July 21, after two years absence, waiting for the new facilities to be completed. However the format has been changed, with the hours now from 3 p.m. to 7 p.m.... **Camp Branch** did very well on the recent Annual Support Campaign, going over its goal of \$105,000 and several facility improvements have been made recently...Looks like **Greg Lee** had too much good food during his recent Alaskan cruise, as his gout flared up again and he had to miss the June meeting...**The club** received its share of the "Kids to Camp" leftover funds of \$1,264.92 and turned this over to the Kalihi Y for use in its camp program ...**Dan** announced that the club re-

ceived the Regional award certificate in four of the five program areas for the past year's work...**Ethel Takamatsu, Bev Wong** and **Sally Wong** enjoyed going to the open market in Hilo during the convention, bringing home huge turnips. Ethel took one and a half hours to cook hers, while Bev ate hers raw... Meanwhile, **Sunny and Norma** worked at the Mandalay booth, serving prawns with honey walnuts, chicken wings and chow mein. They didn't get any free food, but got Mandalay T-shirts. ▼

**LAUGH A LITTLE,  
LIVE LONGER**

**I've been in love** with the same woman for thirty years. If my wife ever finds out, she'll kill me!

**Worn out** from carrying the luggage and running for the train, the husband said, "If you'd moved a little faster, we would have caught that train." The wife said, "If you hadn't rushed, we wouldn't have had to wait so long for the next one."

**Unhappy** at the state of Junior's room, his mother came up with a new rule. Each time she had to pick something up off the floor of his room, Junior would have to pay her a dime. At the end of the week, she added up the chores and demanded ninety cents. Junior paid her and said, "Thanks, Ma. Keep up the good work."

**A kid asked his father**, "Who brought me that moped for Christmas?" His father said, "Santa, of course." The kid said, "Well, Santa was here an hour ago for last month's payment!"

**A man** doesn't know what true happiness is until he gets married. Then it's too late. —*Anonymous*

**Club Meeting Notes**

**M**embers approved several projects: Building new picnic benches at Camp Erdman. The club built 10 tables about 15 years ago and have been asked to build some new ones. Sunny will check on date, possibly to coincide with the Region's "Make a Difference Day" project date and other details. Members will be cleaning Bev and Dick's neighbor's yard on Saturday July 15 and paint their Kaneohe rental unit on June 24. The club will help out with the Kalihi Y's Summer Carnival on Friday, July 14, by helping in the food booths. Members will also donate boiled peanuts and spam musubi for sale.

Members decided that they were unable to help with the Christian Coalition Family Fun Day on July 1. Sunny & Norma, and Bev and Dick will help with the Easter Seals Taste of Honolulu on June 25.

The re-stripping project at Lanakila School will be postponed to August or September because Lanakila School will be undergoing repair work during the Summer break.

Dan distributed the proposed budget and program calendar for the coming program year and asked members to study them and be ready to discuss these items at the July club meeting. ▼

# Here's To Your Health!

From *Live Longer and Feel Great: The Simple Strategy of Centenarians*.

By Bradley Willcox, MD, University of Hawaii.

**H**arvard Medical School researchers studied 50 years of data on Okinawans, who have the highest concentration of centenarians. Researchers discovered that their rates of killer diseases, such as cancer, heart disease and stroke, are among the lowest in the world, largely because of their diet, physical activity and close family relationships.

Foods differ in the ratio of calories to weight (CD-caloric density). The more calories per ounce that food contains, the more fattening it will be. Okinawans actually eat more than the Americans—an average of 2.5 pounds per day versus 2.0 pounds, but average only 1,600 calories compared to the Americans' 2,100 calories.

**Follow the simple rule:** Eat 3 times more vegetables, fruits, legumes and grains than animal products. Also eat 3 times more “featherweight” plant-based foods than denser ones.

**Get enough protein.** Without sufficient protein—no matter how much fat

and sugar you eat—you'll still be hungry. Meat is a rich source, but comes with fat. Fish is less calorie dense, and its fats are healthful omega-3s. Get most of your protein from plant sources, such as legumes and grains, and the rest from fish.

**Keep fiber in mind.** Fiber, the non-digestible substance found in plants, adds bulk without calories to foods—so the more fiber, the lower the Caloric density. Fiber also aids digestion and reduces cholesterol.

**Choose water rich foods.** Water also adds volume without calories. To add more water to your daily diet, start your meals with a soup, steam vegetables rather than baking them, eat water-rich stews as a main dish.

**Eat frequent meals.** Six small meals a day will keep your energy level up and your hunger down. Never skip breakfast. A high-fiber morning meal with some protein will make it easier to resist fatty, sugary foods throughout the day. ▼

## Kalihi Y News

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creating stimulating and fun activities for the kids. We had hoped to use Kapalama School grounds for outdoor games, but the school has been closed for scheduled construction projects. It has been wonderful hearing so many children laughing and having a great time at the Branch. The past couple of years our summer programs have been exclusively out at schools, and we've missed the sounds of kids enjoying themselves.

I provided Phil with the wrong information about our summer carnival to report at our June meeting. The correct date for the carnival is July 21st from 4 to 7 p.m. Staff would appreciate having help serving food from the Y's Men and Women. We will be serving out of the kitchen throughout the time the carnival is open. Parking should be available at the King-Kalihi parking lot of Farrington. We will be having a shuttle service from the parking lot to the Branch and back again. A sign up sheet will be circulated at our next club meeting. ▼

## Thought for the Day

From *Enjoy what you have—The 100 simple Secrets of Happy People*. By David Niven, PhD.

**P**EOPLE WHO ARE SATISFIED appreciate what they have in life and don't worry about how it compares to what others have. Valuing what you have over what you do not or cannot have leads to greater happiness.

Four year-old Alice runs to the Christmas tree and sees wonderful presents beneath it. No doubt she has received fewer presents than some of her friends and probably she has not received some of the things she most wanted. But at that moment, she doesn't stop to think why aren't there more

presents or to wonder what she may have asked for that she didn't get. Instead, she marvels at the treasures before her.

When we think about our lives, too often we think about what we don't have and what we didn't get. But such a focus denies us pleasure. You wouldn't sit next to the Christmas tree and remind Alice that there were presents she didn't receive. Why remind yourself of the things in life you don't have when you could remind yourself of what you do have?

People who have the most are only as likely to be happy as those who have the least. People who like what they have, however, are twice as likely to be happy as those who actually have the most.

*Sirgy, Cole, Kosenko and Meadow, 1995*

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