



75th Hawaii Regional Convention May 20-22

by Ethel Takamatsu



PHOTO BY DICK WONG

Convention Delegates pause for picture taking during tour. Kalihi Club members shown are Ethel and Dan Takamatsu (front row, far right), Bev Wong (back row, third from left), and Juanette Quiroz (back row, second from right).

Five Kalihi members, Juanette Quiroz, Bev and Dick Wong, and Ethel and Dan Takamatsu, attended the Convention in Hilo on the weekend of May 20-22. The convention venue was at the Hilo Hawaiian Hotel on Banyan Drive on Hilo's waterfront. From our activity room, we could see Coconut Island.

The trek to the convention started early Friday morning, getting up in the wee hour of 3:00 a.m. in order to be at the airport to catch Hawaiian Airline's early bird flight to Hilo. It was a full day for the conventioners with a tour to the volcano arranged by our Hilo hosts.

On the way up to the volcano, we made a quick stop to pickup bentos for our picnic lunch at the volcano park. Unfortunately Madam Pele did not treat us to any lava fountains so there were no lava flows to the sea as we had hoped to see. We visited the lookout (saw smoke rising from the Kilauea fire pit) and toured the Thurston Lava Tube.

On the way back to Hilo, we stopped at the Akatsuka Orchid Gardens—it was like the orchid shows held at the Blaisdell Center, not a small mom and

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HAPPENINGS

June

13 Membership Meeting
 6 pm, Kalihi YMCA
 Hosts: Juanette Quiroz, Phil Chun, Sunny Young

July

11 Membership Meeting
 6 pm, Kalihi YMCA
 Hosts: Phil, Juanette, Sunny

22 Summer Fun Family Nite
 Country Store, Shave Ice

CELEBRATIONS

Happy Birthday!

June

5 Dave Endo
9 Erin Berhman
15 Eddie Miwa
17 Ethel Takamatsu



PHOTO BY DAN TAKAMATSU

Lanny Neel gives pointers to Dick Wong on basket weaving.



Ethel Takamatsu Selected for Trident Award

Saturday, March 19

The Kalihi YMCA has its second Trident Awardee: Ethel Takamatsu. This award is given to a member who provided outstanding service in the first three years of club membership. Ethel is most deserving of this award and has been one of our most hard working and dedicated members since joining the club. Ethel participated in almost all the club's activities

during the past three years, including most of the fund raising work projects and ASC projects, YMCA service and community service projects. She also provided great meals for work projects and club meetings. Our sincere and thanks for all you've done. Congratulations, Ethel!

Kalihi's other awardee is Bev Wong, who was honored in 1998.



Kalihi YMCA NEWS

by Tony Pfaltzgraff

This summer, people will be able to see if the Kalihi YMCA building can function in the manner in which it was designed: that is, to allow simultaneous programs for adults, teens and children to take place. This issue becomes relevant as we will have close to 100 children attending summer fun each day along with 20–25 teens in our ‘Strive’ Program. When you add to this the fact that in 2011 we have a monthly average of over 500 fitness “units” or more than 650 individual members, then it becomes clear how full the building will be each day of the week. While this presents a number of challenges to staff, it still is a great problem to have.

Kalihi childcare staff are also running a smaller summer fun program at Aiea El, a Summer school program at Moanalua El, and a Summer Plus program at Moanalua District Park. The growth of our summer programs for children, along with the steady growth of our fitness program, has been a welcome story for our Branch in 2011. With the potential cutback to government grants for our teen programs, we will need additional revenue from the other program areas at Kalihi Y. ▼

Laugh A Little, Live Longer

Not-so-Ancient Chinese Proverbs

- Virginity like bubble, one prick all gone.
- Man with one chopstick go hungry.
- Man who scratch bum should not bite fingernails.
- He who eats too many prunes, sits on potty many moons.
- Man who sneezes without hanky takes matters into his own hands.
- Passionate kiss like spider’s web, soon lead to undoing of fly.
- Man who drive like hell, bound to get there.
- Man who stand on toilet is high on pot.
- Man who live in glass house should change clothes in basement.
- Man who break wind in church sits in own pew.
- Crowded elevator smells different to midget.

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pop—they have orchid plants packaged and cleared by the Department of Agriculture for travel off island or to the mainland. Other tours arranged by our Hilo hosts were World Botanical Garden (Lanny Neel is the director), Tsunami Museum, Hilo town, and Imiloa Astronomy Center. These all seemed interesting; however, being held concurrently, one had to choose.

Friday night dinner was held at the Japanese Cultural Center with Japanese buffet dinner. The speaker gave a presentation of the history and impact of Japanese immigration to the island of Hawaii and their many contributions.

The highlight of Saturday’s business meeting was the election of Sharon Ishida as our Regional Director elect, the decision to have our 76th Regional Convention in Las Vegas, and to donate a portion of the Convention proceeds for the US Area Japan Relief Fund. After the luncheon with Hawaii Mayor Billy Kenoi as our speaker, Ethel and Dan participated in the quilt making session by Joni Neel.

Saturday’s award dinner included the induction of two new Hilo members Fred Yamashiro, CEO of the Y and John Putz and the regional officers; and honored the Club of the year—Nuuanu; President of the Year, Lance Niimi of Hilo, and presented the Trident Award to Ethel.

Sunday started with lively and inspirational music by renowned violinist Tony Selvage and speaker, former Mayor Harry Kim who spoke on the importance of world peace and the consequences if this is not achieved. The devotional concluded with a power point presentation by Jesse Castro of East Kauai with photos of our friends and former members of the Hawaii Region who passed away, including our own Mike Lacuesta, Carolyn Saito and Peter Kuroda. Officers training included Tom Goya speaking on the importance of volunteerism in our society and trainers Sharon Ishida, Bobby Stivers-Apiki, Rick Lau, and Linda Chung giving a power point presentation and discussion on leadership concepts and duties and responsibilities of club officers.

The Convention ended with lunch, bingo games with cash prizes, and a circle of friendship to conclude the convention.

Awards Given the Kalihi Club: Outstanding Performance in the areas of YMCA Service and Community Service and Achieving Level of Excellence in World Service. Membership Recognition Awards were given to Phil Chun, Eddie Miwa, Dan Takamatsu, Ethel Takamatsu, Charlotte Malott, Juanette Quiroz, Bev Wong and Dick Wong. ▼



Kalihi Club Delegates (left-right): Ethel Takamatsu, Dick Wong, Bev Wong and Juanette Quiroz

Military Day at the Honolulu Zoo Saturday, June 4

by Bev Wong

This year **Military Day** was not like the ones of the past. Unfortunately the USO pulled out at the last minute as the lead sponsor and so everything was being dramatically scaled back. There were no food, refreshments and entertainment for the Military families. The Honolulu Zoo provided the volunteers with water, lemonade and submarine sandwiches for lunch. The Wong Society agreed to provide lunches for their members so I ordered Chinese bento lunches for all of us including the Y's Men.

Friday, June 3 was a stormy day and the weather was unpredictable for Saturday and we wondered if the event was going to be cancelled. But Saturday morning turned out beautifully and we met at 8:30 a.m. at the old entrance gate with Barbara Thacker, the Director of Volunteers. She welcomed the group and assigned us to different work areas. Dick Wong and Willie Wong, a former Y's Men member, were assigned to the Monsarrat side of the zoo front entrances directing military families, who went free through the old entrance and paying guests to the main entrance. We had four members from the Wong Society directing traffic before the main entrance on the Kapahulu side. Ethel and Dan Takamatsu, Liane and Eddie Miwa were assigned at old entrance gate where they counted and checked



PHOTOS COURTESY OF EDDIE MIWA

families for their military ID. Most of the Wong Society members and I were assigned to the keiki activities tent to do either animal mask coloring or face color drawing or painting. In the afternoon, Wayne Kim and Juanette Quiroz and her friend, Melissa, took the second shift.

It was gratifying to see the faces of the children after they got their faces or their arms and knees painted. Even some of the adults got into the act and wanted their faces painted and even joined in doing the painting or drawing. Yes it was fun and it gave us great satisfaction to be part of the event by giving back to the community. This is the fourth year we have been supporting the Honolulu Zoo, in their support of military families.

Above: (foreground) **Dan and Ethel Takamatsu,** (rear) **Liane and Eddie Miwa** at Military I.D. check station.

Right: A Wong Society member directs traffic at zoo entrance



Today's Thought

Shay's Day

A wise man once said every society is judged by how it treats its least fortunate amongst them:

At a fund raising dinner for school that serves children with learning disabilities, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: "When not interfered with by outside influences, everything nature does, is done with perfection. Yet my son, Shay, cannot learn things as other children do. "Where is the natural order of things in my son?"

The audience was stilled by the query. The father continued. "I believe that when a child like Shay, who was mentally and physically disabled, comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story:

Shay and I had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" I knew that most of the boys would not want someone like Shay on their team, but as a father I also understood that if my son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps. I approached one of the boys on the field and asked (not expecting much) if Shay could play. The boy looked around for guidance and said, "We're losing by six runs and

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the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning.

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. I watched with a small tear in my eye and warmth in my heart. The boys saw my joy at my son being accepted.

In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as I waved to him from the stands. In the bottom of the ninth, Shay's team scored again.

Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat. At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly Shay was given the bat. Everyone knew that a hit as all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in

a few steps to lob the ball in softly so Shay could at least make contact.

The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher. The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game...

Instead the pitcher threw the ball right over the first basemen's head, out of reach of all teammates. Everyone from the stands and both teams started yelling, 'Shay' run to first! Run to first! Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled.

Everyone yelled 'Run to Second'. Catching his breath, Shay awkwardly ran towards second, gleaming a struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the ball. He was the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball

to the second-baseman for the tag, but he understood the pitcher's intentions so he too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, 'Shay, Shay, Shay, Shay, all the Way Shay'

Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, 'Run to third! Shay, run to third!'

As Shay rounded third, the boys from both teams and the spectators, were on their feet screaming, 'Shay, run home!'

Shay ran home, stepped on the plate and was cheered as the hero who hit the grand slam and won the game for his team.

'That Day', said the father softly with tears now rolling down his face, 'the boys from both teams helped bring a piece of true love and humanity into this world'. Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making me so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!

A Note to this story

We all have thousands of opportunities every single day to help realize the 'natural order of things.' So many seemingly trivial interactions between two people present us with a choice: Do we pass along a little spark of love and humanity or do we pass up those opportunities and leave the world a little bit colder in the process? ▼

Here's to Your Health!

Fabulous Fiber

Fiber is often lauded for lowering the risk of diabetes, heart attack, and even some types of cancer, but now a large study has found that eating fiber may ward off death from all causes. People who ate the most fiber over nine years had a 22 percent lower risk of death than those who ate the least. Fiber took the biggest bite out of deaths from infections, heart disease and respiratory illnesses. Good fiber sources include whole grains, beans, berries, peas, kale, flaxseed, and acorn squash.

Source: *Archives of Internal Medicine*, published online Feb. 14, 2011.

Potassium Plus

Eating foods that are high in potassium may help stave off a stroke, a study found. While the research didn't prove that potassium itself prevents strokes, it found that every additional 1,640 mg of potassium consumed daily was associated with a 21 percent lower risk of stroke. Experts recommend that most adults get 4,700 mg of potassium a day (although people with kidney disease may need to limit their potassium intake). Potassium-rich foods include tomatoes, bananas, greens and beans.

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

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