



Casino Night Raises \$618



IT WAS A GREAT NIGHT for fun, fellowship and fund raising. With a great setting in the home of Willie and Sally Wong, the annual Casino Night not only had great food, great auction items, and much fun, but the event raised \$618. After a scrumptious pot luck dinner, attendees, which included Marion Liu, and Timmy, Aileen and Harvey Deese from the Windward club and Garrett Ho from the Central Club, gathered around the Crap and Poker tables. For the second year in a row, Charlene Young won several 30 to 1 jackpots at the Crap Table. This year, Ethel Takamatsu, Marjorie Kim and Bev Wong also bet on the 30 to 1 odds numbers and almost broke the bank. Also having fun at the table were Garrett Ho, Marion Liu, Eddie Miwa and Dan Takamatsu. Dick Wong and Phil Chun ran the table. Meanwhile, Tony Pfaltzgraff, Gary Ogata, Wayne Kim, and Willie Wong, were playing poker.

Also enjoying the food and activities were Mei-Chih Chun, Will and Sally's sons, Joey and Chris, and granddaughter, Christian, and Gary Ogata's youngest son, David. Paulette couldn't attend as she had to go to Chicago to look after her eldest son, Garrett, who broke his arm.

After about two hours of playing, everyone cashed in their chips and Tony Pfaltzgraff, and Gary Ogata became the auctioneers and Eddie the recorder, for a fun filled auction. There were some spirited bidding for several items as attendees brought a variety of great auction items, including tea sets, vases, vacuum cleaner, car wash set, purses, golf umbrella, a foot stool and many other items. (See photos on page 2)

Much thanks to Dan Takamatsu, and Eddie Miwa for coordinating the event, and to Sally and Willie Wong for hosting it at their home, and to everyone who participated and donated gifts.

HAPPENINGS

August

- 11** Membership Meeting
6:30 p.m. Kalihi YMCA
Dinner Hosts: Bev and Dick Wong, Sunny Young
- 16** End of Summer Clean Up
Kalihi YMCA, 8:30 a.m.

CELEBRATIONS

Happy Birthday!

August

- 18** Paulette Ogata

Happy Anniversary!

August

- 28** Dan and Ethel Takamatsu

Y's Men & Women Help with Country Store

MUCH THANKS to all club members who turned out to help with the YMCA Summer Fun Country Store. Sales for the event brought in over \$450 for the Kalihi YMCA. As usual the boiled peanuts and Spam musubi made by Sally and Wilfred Wong and Bev and Dick Wong sold out very quickly. Although the Shave Ice Stand was ready to operate, it had to be shut down because Phil Chun arrived late at the Ice factory couldn't get any ice as it was closed. (See photos on page 3)

Thought for the Day

Involve yourself in LIFE. Look at the world with wide eyed wonder; greet each day with anticipation and expectation. The world is full of remarkable and exciting things to see and do, to taste, feel and touch. Do not miss the splendor of seeing them with clear and new eyes. Ain't Life An Artichoke?

LINDA ANDRADE WHEELER

Metro District News

D.G. Proposes Ideas to Boost Region's Club Membership

Concerned about the Hawaii Region's declining membership, D.G. Phil Chun put forth several ideas at the first Metro Council meeting in June.

1. To help increase fellowship and participation, he proposed that clubs do more inter-club activities, such as joint meetings or projects. (This suggestion resulted in the Convention Planning Committee to recommend that there be a joint Christmas Party).
2. Ways will be developed also to give more recognition to members for their years of service in Y's 'dom.
3. A meeting among club representatives and the YMCA staff to discuss ways to increase the effectiveness of Y's Men's clubs will be pursued.
4. A Metro New Member Orientation Team will be formed to assist clubs in their orientation of new members.
5. A new club shirt and other paraphernalia will be studied to help increase the identity of Y's Men and Women's Club, and clubs will be urged to use the same name and shirts.
6. The Convention Committee will be urged to make efforts to make the Regional Convention more fun, educational and inspiring to attract better attendance.



Kalihi YMCA News

by Tony Pfaltzgraff

Gee...it's August and summer has come and gone already! Before we get caught up in Labor Day, Halloween, Thanksgiving and Christmas, I'd like to reflect on a few highlights of recent months.

Our childcare staff ran summer programs at the Branch and at Aiea Elementary school. Program attendance was down this year, but our staff offered a high quality experience for the kids who enrolled. We had swimming at Kalihi Valley pool twice a week, outdoor activities at Bishop Museum and well-planned arts and crafts classes. These activities culminated in the annual Summer Fun Carnival where children danced and sang and entertained the parents who sat taking pictures. Thanks to everyone in the Kalihi Y's Men's and Women's club for the good work in the Country Store!

Another highlight of the summer was that our Ho'okūpa'a teen program had 32 participants this summer. The format was for the teens to function as Summer Fun junior leaders on alternating weeks. On the week they didn't work as junior leaders, they took part in community service projects, beach activities and other fun and positive events. We received a number of very positive comments on the work that these junior leaders did throughout the summer.

PHIL CHUN'S WATER LILIES



The Mamas & Papas of the Kalihi Carnival Country Store



Top row: Dan Takamatsu prices clothing, while Bev Wong sorts and folds. **Center:** Eddie Miwa displays merchandise for infants. **Bottom row:** Sally Wong and Mei-Chih Chun attend the script table, Wayne Kim and Gary Ogawa watch the crowd.

Here's to Your Health

A long-awaited verdict is in: exercise doesn't just help you feel better; it measurably slows down the aging process. After studying 20 exercising men for more than 20 years, Dr. Lawrence Golding of the American College of Sports Medicine found that their key measures of VO2 max (the body's oxygen-processing limit), flexibility and strength all held up surprisingly well over...decades! We now have solid evidence that some of

the changes associated with aging are not inevitable.

Flexibility, researchers say, is the bodily characteristic that changes most dramatically with age (besides looks, that is); and it is the one thing, they add, that does not have to decline with age. Most heartening is the fact that the subjects in the above study showed great flexibility regardless of whether they started the program at age 25 or 60!

Yard Clean-up Project Reaps \$700



Eddie and Willie



Ethel



Phil



Dick and Eddie

A great mahalo to those club members who worked long and hard to earn \$700 for the club in the latest yard clean-up project on Saturday, July 12, at the home of Frieda Haramitsu in Salt Lake. Members had to cut hedges, dig up and transplant bushes, take out weed and plants. Dan and Ethel

Takamatsu, Bev and Dick Wong, and Willie Wong worked 10 hours and Eddie Miwa 9 hours in this latest project, not finishing until about 7 p.m. that evening. Helping for shorter periods were Sunny Young, Phil Chun and Tom Kusatsu.

LAUGH
a little
LIVE
LONGER

A distraught senior citizen phoned her doctor's office. "Is it true, she wanted to know, that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied. "I'm wondering then, just how serious is my condition, because this prescription is marked 'No Refills'".

You know you are getting old when everything either dries up or leaks.

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, "crushed nuts?" "No" he replied, "Arthritis".

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