



"To Acknowledge the Duty that Accompany Every Right"

Lanakila School Gets New Parking Lines



Greg Lee, Bev Wong, Cynthia Fong and Sally Wong work together to paint parking lines, including this one for a handicap stall.

When Lanakila's Principal, Geri Lee came to the school to do some work at about 3 p.m., she was surprised and concerned to see Y's Men still working on the lines. It was expected that the job would take about a half a day. However the cleaning of the deteriorated asphalt gravel took much longer than expected. The asphalt had to be scrubbed with brooms and then cleaned with blowers. Lines then had to be painted with rollers, as Sunny Young had sold his painting machine. On hindsight we should have used power washers a few days before to clean the parking lot. As it turned out, Greg Lee, Sally and Willie Wong, Dan Takamatsu, Sunny Young and Phil Chun completed the job

about 4 p.m. It was a good thing there was a good turnout in the morning, with Wayne Kim, Bev and Dick Wong, helping out. Even the school's Head Maintenance man, Emilio Lau and the special activities/parent coordinator, Cynthia Fong,



Wayne Kim and Willie Wong prepare asphalt for painting.

Happenings

NOVEMBER

27 **Club meeting** (replaces Dec mtg): Kalihi YMCA, 6 p.m. Short meeting, wrap gifts, practice singing. Bring tape and wrapping paper. **Pot luck dinner.** Spouses and guests invited.

DECEMBER

3 **Caroling** at Beverly Manor and Maluhia. Meet at Beverly Manor, 9:30 a.m. Bring tinsel leis. **Christmas party** at Kalihi YMCA, 12:45 p.m.

25 **MERRY CHRISTMAS!**

JANUARY 2007

1 **HAPPY NEW YEAR!**

Celebrations

HAPPY BIRTHDAY!

DEC 12 Phil Chun

Thought for the Day

After all it is not what is around us, but what is in us; not what we have, but what we are, that makes us really happy. — Geike

helped out in the morning. Emilio stayed almost the entire day, leaving about 2:30 p.m., while Cynthia left after providing a delicious bento lunch for the volunteers.

With so much scrubbing and cleaning, some members ended with sore muscles the next day. Even Sunny had to leave just before the end, as the long day took its toll on him. Only Dan seemed to look like he could go another 2 hours. ▼



By Tony Pfaltzgraff
Kalihi YMCA Co-Executive Director

RANDALL CHUN received a very nice e-mail from Mae Hiranaka of the Nuuanu Club, praising him for the excellent newsletter he puts out each month...The **November 13th meeting** was changed to Zippy's at the last minute, as Dan Takamatsu and Tony Pfaltzgraff didn't realize that Bev and Dick Wong were still on the mainland and there was no food for the meeting...The **Wongs** stayed over at their son's place in LA after their UH-Utah State game to help watch their grandson. Because he is a single parent, their son has used up most of his leave time caring for his son...**Sally Wong** also missed the meeting, as she was

visiting her grandchildren in Seattle... After his daughter Susie's election victory, **Phil Chun** had to care for his grandchildren for 3 days, as both their parents had to attend conferences on the mainland. He also spent several days removing campaign signs and distributing T-shirts...Because **Greg and Iris Lee** couldn't see each other too often, with Greg on night shifts and Iris on day shift, Iris decided to also work the night shift at Kenny's. It's working out very well for Iris, as her work load is less and tips better at night...**Mike and Anna Lacuesta** have been busy the past month with family illness and other problems to take care of...▼

On **January 1st, 2007**, or shortly thereafter, Kalihi YMCA staff will begin to offer an intervention/treatment counseling program in 12 Oahu Middle schools. The focus of the program will be to help students in these schools who have begun to tryout alcohol or other drugs. Staff will help teens learn about and address the consequences of their behavior.

Staff is excited about the opportunity to offer this program as it is another element in our effort to expand programs available to middle school students. Along with our Rural Youth programs and the expansion of our "School's Out" program at the Branch, the new middle school program will enable us to offer a broad range of programs and activities to young people throughout Oahu. The schools that will be targeted are: Jarret, Stevenson, Kawanakoa, Kalakaua, Dole, Moanalua, Aiea, Waipahu, Kapolei, Nanakuli, Waiahia and Waialua.

As we all head in to an active holiday season, I'd like to wish you and your families a happy, healthy Christmas and New Year. ▼

Here's To Your Health!

Did you know...?

A Fat cell can store 2,000 times its own weight in fat.

Eat guacamole with your salsa. Avocados nearly quintuple absorption of lycopene, lutein and other protective carotenoids found in tomatoes.

Low levels of vitamin D increase risk of high blood pressure.

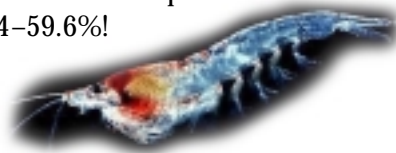
Seafood and fruit intake have been positively associated with bone mineral density.

Trans fats increase risk of prostate cancer. Trans fat is made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation. It can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils.

Smoking knocks an average of eight years off your life.

Women who get plenty of sunshine early in life are at reduced risk of developing breast cancer.

Krill, the tiny, shrimp-like crustaceans plentiful in the polar seas, are a primary food of baleen whales. Research out of Canada reveals a remarkable benefit for us land-dwelling mammals as well. In this study, those who took fish oil, lowered cholesterol by 5.8% after three months, but those who took krill oil reduced their total cholesterol by 13-18%, LDL cholesterol 32-39% and triglycerides 11-26%. Even better, HDL levels rose an impressive 44-59.6%!



These changes are comparable to Statin drugs, yet krill oil is safe, natural and relatively inexpensive. The brand used in the study was Neptune Krill Oil, which can be purchased from health food stores. ▼

REGIONAL/DISTRICT NEWS

The Executive Committee of the International Council, Y's Dom's highest governing body, will meet in Hawaii, January 17-25, 2007, staying at the Ilima Hotel. This meeting will focus primarily on the training of Area Presidents, and will not involve the whole Council. The Metro District will host Council members at a dinner on January 19 at the Japanese Cultural Center. All district members are urged to turn out to host them. Tickets will be \$25 per person and \$45 per couple. ▼

Club Meeting Notes

President **Dan Takamatsu** announced the great news that club members donated \$4,264.86 to the club through the Foodland Give Aloha Program, resulting in matching grants of \$1,032.74 from Foodland and \$216.05 from Western Union. The Caroling and Christmas Party was confirmed for Sunday, December 3. This year the Beverly Manor will replace the Liliha Health Center. Maluhia Senior Center will remain on the schedule. The December club meeting has been rescheduled for Monday, November 27,

half an hour earlier than usual, and will be a pot-luck affair, as family members and guests will be attending. Members were asked to call Eddie Miwa for pot luck arrangements and attendance at the Christmas Party.

The proposed club budget for January–June, 2007 was presented for review. The fiscal year of the club has been changed to the calendar year, to conform to the Federal Tax requirements.

Members will be painting the parking lines at Lanakila Elementary School at 8:30 a.m., Saturday, November 18.

MORE LANAKILA PROJECT PHOTOS:

Right: **Bev Wong** assists **Dan Takamatsu** in laying chalk lines.

Below: **Enjoying the break and bento lunch** are **Dan Tkamatsu, Emilio Lau, Dick and Bev Wong, and Sunny Young.**



Sunny Young and Dan Takamatsu blowing away loose gravel and dirt.

There will be a Brother Club Assembly following the Regional Convention in May. Dan will invite our Sapporo-kita Brother club. The International Committee will be holding its meetings in Hawaii on January 17–25, 2007 so a dinner will be planned to host committee members on January 19, 2007 at the Japanese Cultural Center.

Kauluwela Elementary School has asked the club to repaint their parking lines and curbs. The asphalt is in pretty good condition. They also have a painting machine that the club could use. ▼

LAUGH A LITTLE, LIVE LONGER



When a four-year-old boy was rushed to the emergency room with a terrible cough, high fever and vomiting, the doctor examined him and then asked what bothered him the most. After thinking it over, the boy answered, "I would have to say my little sister."



When Debbie's sister-in-law called about a recipe Debbie served at her daughter's wedding reception, her husband asked, "What was that all about?" "It was just a recipe question," she replied. "Do you remember the nuts they had at Arrah's reception?" The husband furrowed his brow for a moment, then said, "I don't recall all their names."

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

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