

Sunday, December 11

Carolers Perform at Maluhia and Liliha Health Center



Kalihi Y's Men and Women family members and friends bring yule tide cheer to Maluhia Hospital patients.

The Kalihi Y's Men and Women's Service Club and members of their family brought the Christmas Spirit to residents of Maluhia Hospital and Liliha Health Center with their enthusiastic and spirited singing. This year club members sang at the Maluhia Hospital instead of the Long Term Residential Home, and the attendance was much better. The residents were very appreciative and thankful for the carolers presence and singing. In the audience at Maluhia were the mothers of Tom Kusatsu and Ethel Takamatsu, who are now residents there. Ethel's mother is 99 years old.

Much thanks to this year's carolers, which included Bev and Dick Wong's granddaughter, Chloe, who accompanied guitarist Jeff Lau with her ukulele in "Silent Night". Also performing the hula were Kayla Malott. Guitarist Jeff Lau, returned to help the group, as Dave Endo and daughter Michelle could not participate this year. Thanks to Taylor Ann Okimoto for her solo in "The

12 Days of Christmas" and our three "Wise Men" soloists, Gary Ogata, Ron Okimoto, and Greg Lee. Other carolers included Wayne and Marjorie Kim, and friends Lori and Victor Honda, Charlee Malott, Juanette Quiroz, Dan and Ethel Takamatsu, Bev and Dick Wong, Tony Pfaltzgraff and Charlene Young and granddaughter Emma, Eddie and Liane Miwa, Paulette Ogata, Phil Chun, Iris Lee, and Tom Kusatsu.

After caroling, members went to the Wah Kung Restaurant and enjoyed a great Christmas lunch. **Charlee Malott**, who is retiring at the end of the month, was recognized for her 33 years of service to the YMCA of Honolulu. Members also sang happy birthday to Charlee (12/13) and Phil Chun (12/12) for their upcoming birthdays. Randall Chun was recognized for his hard work and great club bulletin during the year.

Much thanks to Ethel Takamatsu, Bev Wong and Eddie Miwa for coordinating the caroling and luncheon this year. ▼

CALENDAR

January

- 6** Charlee Malott retirement luncheon
Kalihi YMCA, 12:00 noon
- 9** Club membership meeting
Kalihi YMCA, 6:00 p.m.
- 26** ASC kick-off dinner
Kalihi YMCA, 6:00 p.m.

Golden Book Honoree Selected

The Kalihi Service Clubs's 2011 Golden Book Honoree will be the late **Keoki Malott**, Kalihi YMCA staff member and son of Bert and Charlee Malott, who died earlier this year. Keoki was unanimously chosen at the October club meeting. The award will be given at the Endowment Dinner scheduled next Spring. ▼



Kalihi YMCA's Co-Executive Director, **Charlee Malott**, announced her retirement at the end of December.



Kalihi YMCA NEWS

by Tony Pfaltzgraff

I've written in previous newsletters about the challenges associated with running programs for teens. One of the principle obstacles is how much it costs to run the programs. In part, this is because parents are reluctant to pay for programs for their middle and high school children. This puts a lot of pressure on agencies to figure out how to offer good programs, and also how to not lose money while doing so.

Having said that, I'm happy to share with you that the Kalihi Y has managed to receive a number of small grants in 2011 that have helped after-school teen programs like Strive and Ho'okupa'a thrive at the Branch. The Weinberg and ATT Foundations both donated \$15,000 for these programs, and we learned that we will receive a \$12,000 gift from the Pettus Foundation which is associated with the Castle Family.

Each of these donations helps us to pay for staff time and program expenses thereby making it possible for teens to have a safe, fun place to "hang out" during non-school hours. ▼

Friday, October 21

Annual BBQ Chicken Sale



Above: Ron Okimoto, Juanette Quiroz and Eddie Miwa pack BBQ chicken.

Below: Tom Kusatsu teams up with Dan Takamatsu.

More than 800 pre-sale BBQ chicken tickets were sold, a slight increase over last year's sales. Much thanks to all who helped sell the tickets. Members turning out to help package the birds were Eddie Miwa, Phil Chun, Tony Pfaltzgraff, Charlee Malott, Ron Okimoto, Tom Kusatsu, Greg Lee, Wayne Kim, Bev Wong, Dan and Ethel Takamatsu, who just returned from a relaxing 15-day trip. Dick Wong couldn't make it because of a swollen ankle. ▼



Here's to Your Health!

5 Foods to prevent Heart Attacks

Cardiovascular disease is still the number one killer in America. It accounts for more than one third of all deaths, according to the American Heart Association.

Most of us know that a diet rich in fruits, vegetables and whole grains and low in saturated animal fats lowers the risk of heart disease. But certain foods have been shown to be particularly beneficial. Of course, no food is a magic bullet—you still need to exercise daily and maintain a healthy weight—but eating the recommended amounts of the following can go a long way toward preventing heart disease.

Spinach

Like most fruits and vegetables, spinach is rich in vitamins and minerals. What makes spinach stand out for keeping the heart healthy is folate, one of the B vitamins. Folate helps prevent the buildup of homocysteine, an amino acid in the blood that is a major risk factor for heart disease and stroke.

How much: Two cups of raw spinach provides 30% or ½ cup cooked provides 25% of the daily requirement. Beware of canned spinach, as it contains excessive amount of salt.

Alternatives: Asparagus. Four spears have 20% of Folate. Also many breakfast cereals.

Salmon

Salmon is rich in omega-3 fatty acids. Omega-3s reduce inflammation and make your blood less "sticky", which prevents plaque- fatty deposits—from clogging your arteries.

How much: 2–3 ounce servings of salmon a week.

Alternatives: Other cold water fish. If you don't like fish, have 1 teaspoon of flax seed daily. Drink plenty of water to prevent constipation.

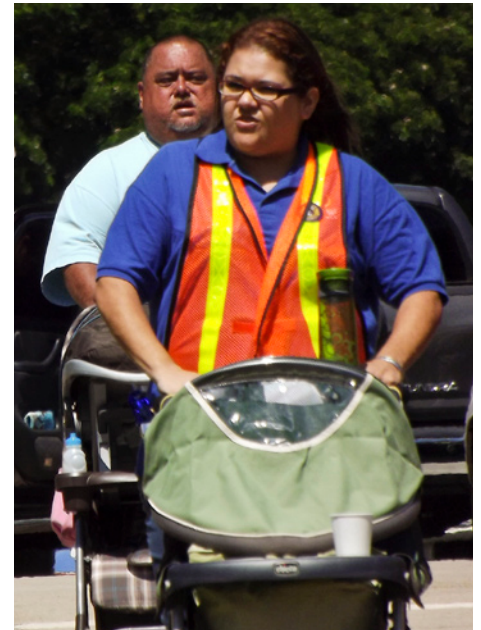
Tomatoes

Tomatoes are loaded with lycopene, a carotenoid that gives them their color. Lycopene reduces cholesterol in the body. Cooked and processed tomato products,

(Continued on page 4)

Sunday, October 2

Children and Youth Day Train Delights Young Riders



Above: Jason and Eddie Miwa wait for passengers to board the train. Right: Juanette Quiroz helps transport baby strollers for parents.

Club members helped give much pleasure to young children and their parents by overseeing the train rides at the annual Children and Youth Day in the State Capitol District every year on the first Sunday in October. This year was no different. The rides continued non-stop for 5 hours, with lines forming all day, which were still long at the 3 p.m. closing time. An extra 15 minutes were allowed to provide rides to those already in line.

Much thanks to Juanette Quiroz, Charlee and Bert Malott, Sunny Young, Bev and Dick Wong, Phil Chun, and Eddie, Liane and Jason Miwa and who turned out to help. This was the first experience for Juanette, Charlee and Bert and they enjoyed the event. Juanette even started a new feature in giving pleasure to parents with large strollers. In the past parents had to leave their strollers and walk back from the end of the ride to retrieve the strollers. Juanette and Roosevelt High School Key Club members and Disney Club members followed the train to the next station pushing the strollers so that parents did not have to walk back to retrieve them.

The biggest task was crowd control, by ensuring safe and orderly loading and unloading of train passengers. The experienced Y's Men and Women



provided much needed supervision of the process with great assistance from the Disney Club and Roosevelt Key Club members. Eddie Miwa and son Jason, Sunny Young, and Key club members enjoyed the role of train drivers.

Much thanks to all for helping in this great event, which draws over 30,000 people each year, and hundreds of volunteers, youth agencies and government officials. Mahalo to the many sponsors, and donors who provided rides, prizes, goodie bags, and food for the event. The task takes many, many months of planning and coordination, and hard work by hundreds of people, led by Senator Suzanne Chun Oakland ▼

Above: Dick Wong with Roosevelt High School Key Club members. Below: Charlee and Bert Malott wait for the next train to arrive.



Five foods *(Cont'd from page 2)*

such as spaghetti sauce and tomato juice, provide the greatest benefits. Cooking or processing tomatoes boosts lycopene levels and makes lycopene easier for the body to absorb. Look for low sodium or no salt added products. Organic ketchup contains up to 3 times as much lycopene as inorganic brands.

How Much: One cup of tomato juice per day, ½ cup sauce.

Alternative: Watermelon

Oatmeal

Oatmeal is one of the best and most studied sources of soluble fiber. Soluble fiber absorbs water and turns to gel during digestion. It then acts like a sponge to absorb excess cholesterol from your body. That's good for your heart. Five to ten grams a day can reduce LDL (bad) cholesterol by about 5%. Soluble fiber also helps remove saturated fat in your digestive tract before your body can absorb it.

How Much: one and one half cups a day, but beware of instant flavored oatmeal which contains sugar. Too much sugar in your diet increase the chance of inflammation, a risk factor for atherosclerosis. Sugar can also lead to weight gain, another risk factor.

Alternatives: Kidney beans and brussels sprouts each have three grams of soluble fiber per ½ cup.

Pomegranates

Pomegranates are loaded with polyphenols, antioxidants that neutralize free radicals, which can damage the body's cells. They are also believed to reduce "bad" cholesterol.

How much: 1.5 ounces of concentrated juice per day. **Caution:** Pomegranate juice may affect the metabolism of prescription drugs and may cause blood pressure to decrease too much when combined with certain blood pressure medications.

Alternatives: Red wine and purple grape juice are also great sources, but Pomegranates have the most.

From *Bottom Line* interview with Bonnie T. Jortberg, RD, CDE, senior instructor, department of family medicine at University of Colorado, Denver School of Medicine.

Laugh A Little, Live Longer

Skool Noetz

These are real notes written from parents in a Mississippi School District
(Spellings have been left intact)

My son is under a doctor's care and should not take P.E. today. Please execute him.

Please excuse Lisa for being absent. She was sick and I had her shot.

Dear School: Please excuse John being absent on Jan. 28, 29, 30, 31, 32 and also 33.

Please excuse Roland from P.E. for a few days. Yesterday he fell out of a tree and misplaced his hip.

John has been absent because he had two teeth taken out of his face.

Chris will not be in school cus he has an acre in his side.

Please excuse Jimmy for being. It was his father's fault.

I kept Billie home because she had to go Christmas shopping because I don't know what size she wear

Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday, we thought it was Sunday.

Maryann was absent December 11-16, because she had a fever, sore throat, headache and upset stomach. Her sister was also sick, fever and sore throat, her brother had a low grade fever and ached all over. I wasn't the best either, sore throat and fever. There must be something going around, her father even got hot last night.

Metro Council & Regional Convention

Kalihi hosted the October Metro Council Meeting. Eddie Miwa represented the club, as Juanette Quiroz was not be able to attend. Bentos were ordered for the meeting. Duke Chung volunteered to be this year's District Governor, along with his responsibilities as Regional Convention Chair. Garret Ho of the Central Club has agreed to serve as Lt. D.G. this program year. ▼

Annual ASC Kick Off

Kalihi YMCA's Annual Support campaign will kick off on January 26, 2012 with Juanette Quiroz serving as Y's Men Service Club team captain. Club members also agreed to sponsor the ASC Casino Night on March 17. ▼

Foodland Give Aloha Program

give aloha

The Kalihi Y's Men's and Women's Club was invited to the Foodland Give Aloha Program ceremonies again this year, as it placed in the top 100 organizations receiving donations in 2011. Club members contributed a total of \$7,048, while the Give Aloha Program gave a matching amount of \$1,319. ▼

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

Send your articles to:
Phil Chun c/o Kalihi YMCA
1335 Kalihi Street
Honolulu, HI 96819

Bulletin Editor: Phil Chun
Design & Production: Randall Chun

