



"To Acknowledge the Duty that Accompany Every Right"

God Bless You, Everyone

Happenings



Carolers and residents of Maluhia Senior Home pose after singing Christmas carols.

JANUARY

- 1 **HAPPY NEW YEAR!**
- 7 **Yard Cleaning Project:**
969 Ala Mahamoe Place, 8:30 a.m.
Bring weed wackers, gloves, etc.
- 9 **Club Meeting:**
Kalihi YMCA, 6:30 p.m.
Food Crew: Tom, Phil, Mei-Chih,
Ed Sato, Gary
- 18 **Legislative Opening Day:**
State Capitol, 10 a.m.
- 26 **Annual Support Campaign Kick-Off**
Kalihi YMCA, 6 p.m.

MAY

- 19-21 **Club Meeting:**
Regional Convention, Hilo

Celebrations

HAPPY BIRTHDAY!

- JAN 18 Edwin Sato
- 28 Wayne Kim
- 28 Masashi Ishizuka (Sapporo)

HAPPY ANNIVERSARY!

- JAN 4 Carl & Adele Tanaka

Kalihi Y's Men and Women and family members had a great caroling session at the Liliha Health Center and the Maluhia Senior Home, with almost an hour of Christmas songs and very appreciative audiences. The smiles and appreciative gestures from the residents were all the reward club members needed to sing. The audiences were delighted with the participation of the children, which made the atmosphere so much like a family gathering.

The Liliha Health Center served sandwiches and one of the Maluhia residents, Mrs. Takaki, provided fortune cookies for everyone. With Guitarist Jeff Lau providing the musical accompaniment, Phil Chun leading, along with the colorful clothes and Santa hats, this was the most colorful and enthusiastic group since the club started caroling.

After the caroling everyone went to

the new Kalihi Y facility, where Tony Pfaltzgraff led a group in a tour of the building. Members decorated the beautiful Christmas tree donated by the Club, and then enjoyed lunch. Carl and Adele then led the group in some innovative and fun games, including building of reindeer antlers and gingerbread houses. Everyone shared in door prizes and grab bag gifts, which the children all enjoyed tremendously.

Much thanks to everyone who participated, especially the young people that Ray and Joann Takeshita brought along—Jordan, Carson, Gina, Yoshimi and Hayden; and Lynn and Mark Yamada, with Erik, Zachary and Wesley; Bev and Dick Wong with grandchildren, Caleb and Chloe, Tony Pfaltzgraff and Charlene Young who brought Shawn, Reyna, and granddaughter Emma; Tom and Bianca Kusatsu with grandchild

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Kalihi YMCA News

by Tony Pfaltzgraff, Branch Executive Director

We have been in the new Kalihi YMCA for almost four months, and with every passing day it feels more like home. We did a "soft" opening for our fitness center on December 1st in order to work out kinks in our membership systems. We have had encouraging sign ups from Bishop Museum staff and we hope to advertise more broadly in the near future. If you have not seen our fitness center, stop by soon for a tour.

One of the challenges of the new building will be developing after school programs for Kalihi teens. We designed a teen center on the ground floor and it has gotten good use in recent weeks. The next step will be for staff to add new elements to the after school program like computer classes, leadership development and service learning activities.

On behalf of the staff of the Kalihi YMCA I'd like to wish you and your families a safe holiday season and a prosperous New Year. ▼

Laugh A Little, Live Longer

Eddie took his girlfriend to her first football game. They had great seats right behind their team's bench. After the game he asked her how she liked the experience.

"It was great, especially the tight pants and all the big muscles," she said. "But I can't understand why they were killing each other over 25 cents."

"What do you mean?" Eddie asked, dumfounded.

"Well, I saw them flip a coin and one team got it," she explained. "And the for the rest of the game, all they kept screaming was, 'Get the quarter back! Get the quarter back!'"

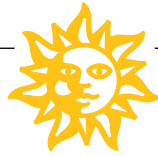
Hel-lo! It's only twenty five cents."

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

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Club Christmas party

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ED SATO ANNOUNCED AT THE CHRISTMAS PARTY, that he has gotten engaged. Sunny Young was all smiles, as he was the one who introduced Lucille Nakamoto to Ed...One

Ed Sato announces his engagement to Lucille Nakamoto at club Christmas party.



of the residents at the Liliha Health Center told Phil Chun that she was the daughter of Itsuku Murakami, former Assistant Police Chief, who was active with the old Honolulu Y's Men's Club (now the Nuuanu Y's Men's Club). He and another ranking policeman, Roland Sagum were outstanding Y's Men...Bev and Dick Wong weren't sure that they

could return home from Las Vegas for the party. They couldn't get a standby flight out so had to drive all the way to Los Angeles for a flight home.. Having dinner with them in Vegas were Sunny and Norma Young, who were there for a business trip. They also bumped into Duke and Linda Chung. Duke had been invited to participate in a Poker Tournament...Phil and Mei-Chih Chun had an hectic week (Dec. 7-13), as three family members ended up in emergency rooms. Son Randall had a severe asthma attack that sent him to the hospital for six days, while mother Violet Chun tripped and fell, breaking her dentures and two front teeth, and suffering cuts and bruises to her face, hands, knees and toes. Step-granddaughter Mailene Oakland Tialavea had complications with her pregnancy and had to go to the emergency room for a few hours...▼

Connor; Willie and Sally Wong with granddaughter Christian. Also Wayne and Marjorie Kim, Eddie and Liane Miwa; Carl and Adele Tanaka; Greg and Iris Lee; Phil and Mei-Chih Chun; Gary and Paulette Ogata; Sunny Young; Dan Takamatsu and Ed Sato.

Our Mahalo to Eddie Miwa and Carl and Adele Tanaka who did such a good job as usual in planning and directing the entire event. ▼

Here's To Your Health!

Stay at home when you are sick. A recent study showed that men who came to work despite feeling ill were twice as likely to develop serious heart problems as men who called in sick. The mental stress of working when unwell may raise the risk of heart trouble or it may be that men who ignore minor illnesses also are more likely to ignore symptoms of a heart condition. Either way, staying at home helps you recover more quickly and lowers the chance of infecting co-workers.

— *American Journal of Health*

"It's no longer a question of staying healthy. It's a question of finding a sickness you like."

— Jackie Mason, comedian

Club Meeting Notes

Members and family members practiced singing Christmas Carols with the help of guitarist Jeff Lau after a bountiful dinner. Family members Joann Takeshita, Charlene Young, Iris Lee and Will and Sally Wong's grand daughter, Christian, helped wrap the tissues provided by Eddie Miwa while the members were conducting their meeting. Dan Takamatsu gave a report of the decisions made at the Regional and District meetings on November 19. Saturday, January 7 was selected as the date for the yard cleaning project at Tom Kusatsu's House on Ala Mahamoe Street. The club also agreed to

provide a Christmas Tree for the Y activity room where the Christmas Party will be held. The Y will put the tree in the Lobby area after the party. Greg Lee volunteered to be this year's Annual Support Campaign Y's Men's Team Captain. Kalihi YMCA's goal will be \$110,000 for 2006. Kickoff is scheduled for Monday, January 26, 6:00 p.m. at the Y. Tom Kusatsu reported that the club received a net total of \$1,2244.18 from the Give Aloha Program. Club members donated \$4,090 and received a total of \$5,334.18. Much thanks to all who participated. ▼

INTERNATIONAL NEWS

Ballots have been sent out to all club presidents for the election of the International President Elect. Clubs are urged to discuss and vote for their choice. Benson Wabule, International President will be visiting Hawaii in January. Hawaii Y's Men will be meeting with him on January 8.

U.S. AREA NEWS

The Kalihi Y's Men's & Women's Club received the Honor Bulletin Award for 2005. No Area program awards were given to Kalihi.

REGIONAL NEWS

The Hilo Y's Men's Club is working to secure the Naniloa Hotel for the regional convention scheduled for May 19-21, 2006. The club plans to send several delegates this time, as no one was able to attend last year.

Thoughts for the Day

The Pause that Refreshes

CHRISTMAS IS LIKE THE OLD COCA COLA SLOGAN, "The Pause that Refreshes." It's not the actual drinking of the cola, the scurrying around buying gifts, the endless traffic and the parties, but the *pause* to reflect on the meaning of Christmas, the many blessings we enjoy, and the loved ones we care about, that refreshes us. So take some time to pause and reflect in the true meaning of Christmas, and pass on the cheer!

WHEN SOMEONE EXPRESSES CRITICISM OR A JUDGEMENT toward me, I hide the turmoil, boiling inside. (If only people knew the damage they do with their thoughtless words.) I am unable to share my feelings with anyone else. So when I speak without thinking and see the anguish in another person's eyes, please God, help me to find the good and kind word that will bring cheer to another. Then may I know peace through the joy of others.