



Kalihi ASC Reaches \$113,336



Y's Men & Women (L-R) Ethel and Dan Takamatsu, Dick and Bev Wong, Charlene Young, Phil Chun, Tony Pfaltzgraff, and Mei-Chih Chun (seated) attended.

The Kalihi YMCA ASC Campaign has reached \$91% of its campaign goal of \$125,000 as of April 7, 2008. According to Branch Executive Tony Pfaltzgraff, anticipated major gifts will bring the total very close or over the top of the goal. The Kalihi Y's Men and Women's Club volunteers brought in a total of \$10,225. In addition Sunny Young raised \$4,800 for the Camp Branch. Much thanks to Sally Wong, who served as team cap-

tain, and Kalihi team members, Eddie Miwa, Greg Lee, Mike Lacuesta, Wayne Kim, Bev & Dick Wong, Phil Chun and Tony Pfaltzgraff. Mahalo also to Tom Kusatsu and Dan Takamatsu who served on the Board Team. Attending the Victory Dinner were Dan and Ethel Takamatsu, Phil and Mei-Chun, Bev and Dick Wong, and Tony Pfaltzgraff. Former Kalihi Y's Man, Leon Florendo served as the Campaign Chairman, and did an outstanding job.

Annual YMCA Endowment Fund Golf Tournament Scheduled for May 16

The annual golf tournament sponsored by the Kalihi YMCA will be again held at the Pearl Country Club, on Friday, May 16. Tournament chair Victor Kimua has set a goal of \$70,000 for this year's tournament. Registrations so far indicate a record turnout of golfers. Tony Pfaltzgraff announced that the Endowment

Fund has grown from \$30,000 when the tournament began fourteen years ago, to over \$500,000. Interest from the Endowment Fund has been providing scholarships for young people to participate in Kalihi YMCA programs throughout the year. Volunteers are needed to help with the tournament, and Kalihi Y's Men and Women were urged to help.

HAPPENINGS

April

19 Metro District Conference
 6:00 p.m. Murphy's Bar & Grill

May

12 Club Meeting
 6:30 p.m., Kalihi YMCA
 Dinner hosts: Dick & Bev Wong,
 Sunny Young

16 Kalihi YMCA Golf Tournament
 Pearl Country Club
 Registration at 11:00 a.m.

CELEBRATIONS

Happy Birthday!

April

6 Kenzo Fujikawa (Sapporo)
 16 Iris Lee

Happy Anniversary!

April

12 Gary and Paulette Ogata

Regional News

The annual convention will be held on Maui, May 16-18. Registrations are coming in very slowly, and clubs are being urged to have members sign up ASAP. Just over 50 participants have registered. Representing Kalihi will be Dan and Ethel Takamatsu and Bev and Dick Wong.

CASINO NITE POSTPONED

The annual casino nite has been postponed to sometime during the Summer, because several members were not able to attend on the scheduled April 19 date.



Laugh a Little, Live Longer

Our heartfelt sympathies go Fred Tamasaka, secretary/treasurer for the Region, whose wife Elaine passed away; and to Karyl Ling, Windward club member, whose husband Ken passed away recently. Both Elaine and Ken were very dedicated and active members of Y's Dom and the Maui and Windward Clubs, respectively and will be sorely missed...Sally and Will Wong visited their grandchildren in Seattle again, while Phil Chun's daughter, Jeanne and children were in town visiting for one week. Jeanne got caught up in the ATA bankruptcy

while visiting and had to rebook her return flight to Oakland. **Randall Chun** is now working for Eric Woo Design, Inc., on a part-time basis until he finishes his web design course at KCC in May and then will be full-time...Club members were given the bad news that member **Mike Lacuesta** in undergoing chemo therapy for cancer that is emanating from his bone and going into his blood...Congratulations to **Wayne Kim**, who joined the ranks of the retirees. His wife **Marjorie** will also retire at the end of this school year.

I asked my wife if old men wear boxers or briefs. She said *Depends.*

Sometimes I wake up grumpy... and some days I let him sleep.

Support BINGO. Keep Grandma off the streets.

Old age comes at a very bad time.

The more you complain, the longer God makes you live.

When did my wild oats turn to prunes and bran?

Be nice to your children. They will choose your nursing home.

Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.

One thing about Alzheimers...you get to meet new people every day.

Birthdays are good for you. The more you have the longer you live.

ASC Campaign Victory Dinner Speakers



Charlee Mallot, Kalihi Y Co-Executive Director, and Leon Florendo, Board ASC Campaign Chair thank all volunteers for their hard work.

District News

Since the Casino Night was postponed, six Kalihi members attended the Metro District Convention at Murphy's Bar & Grill. Present were Dan & Ethel Takamatsu, Phil & Mei-Chih Chun, and Bev and Dick Hoy Wong. After the District meeting was held, the group became the Regional Convention Planning Committee, with Donna Jones, Host Club chair and Champ Ono, D.G., pre-sent. The Convention schedule was reviewed and progress reports made. Incoming Regional Director Rick Lau (Central Club) announced that Phil Chun will be the incoming Metro District Governor, and Walter Osakoda will be the Lt. D.G. and also the 2009 Regional Convention Chair. The convention will be held on Oahu.

Here's to Your Health

Ever since the discovery of C-reactive protein (CRP), the blood-borne inflammation indicator, the association between inflammation in the body and heart disease has been firmly established.

Recent research has shown that many other common health problems are also associated with inflammation, such a Alzheimer's disease, arthritis, asthma, diabetes, osteoporosis and even cancer.

Inflammation is the body's natural response to injury, bacteria, viruses and many other foreign agents. It causes tissues to swell, blood vessels to expand and the body to release various chemicals, such as hormones, enzymes and cytokines. This process helps to kill germs and repair tissue in case of injury and, generally, rids the body of bacterial or viral threats. If the invader is cancer, however, these same inflammatory responses can fuel the disease.

The Parking Lot Gang



Having a great time at the reunion were former Y members (from left) Lincoln Ocreto, Wesley Watanabe, unidentified member, Herman Lam and Wayne Hayashi.

Staff and volunteers of the Kalihi YMCA are always happy to meet up with past youth members, to find out how they are doing after they leave the Y. They're proud to know that some of them have become State Legislators, prominent attorneys or physicians and even a Chief of Police. But some of the most heart fulfilling moments come when they learn how some of the young people who had problems during their teen years turned out.

This was the case of the notorious



“parking lot gang”, members of three Hi-Y Clubs, the Rivals, Mustangs and Spectrums or RMS. Members of these three clubs, active in the late '60s, became fast friends and used to hang out at the Kalihi-Palama Public Library parking lot adjacent to the Kalihi YMCA. Smoking and drinking, late into the night, and breaking into the Y when they needed to, they gave the staff, especially Youth Director Maile Kanemaru some major headaches.

A month ago these former members invited Maile, past Branch Executive Phil Chun, former office secretary Jeanette Kawakami, and Leighton Kawai, volunteer club advisor, to their reunion at one of their members' home. When Phil Chun and Jeanette Kawakami arrived one of the members, greeted them warmly, holding a beer bottle in his hand, and exclaiming, “It's legal now!”

After an evening renewing acquaintances, enjoying a huge amount of food, and recalling past events, all of the members present, many with their

Wesley Isa (left) and Allen Kawamoto enjoy a light moment.

Meeting Notes

The club decided on a novel approach to selecting new officers for the coming year. Since there was total reluctance to assuming the presidency, it was agreed that a new president will serve each quarter. Therefore Tony Pfaltzgraff, Wayne Kim, Sally Wong, and Bev Wong, will take turns being president for 3 months each. Eddie Miwa graciously agreed to take on the secretary's duties for the 6th year in a row, and Dick Wong will again serve as Treasurer.

The club will lose three members, as Josh Heimowitz, Carl Tanaka and Gary Ogata have decided to resign. All of them have not been able to take part in activities for the past several years. However, they will remain as “Friends of the Club” and will continue to receive communications from the club and be invited to club events. On a more happy note, Ethel Takamatsu will be joining the club in April.

Dan Takamatsu urged members to sign up soon for the Regional Convention on Maui, May 16-18. Tony Pfaltzgraff announced that the Kalihi Y golf tournament will be held on Friday, May 16, so he will not be able to attend the convention. Members not attending the Regional Convention were urged to volunteer to help with the tournament, to be held at the Pearl Country Club.

The club will check out a possible fund raising work project, cleaning the yard of Bev and Dick Wong's friend in Hawaii Kai.



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Parking Lot Gang *Continued*



wives, gathered in a circle and one by one, each expressed his thanks and appreciation to the Kalihi Y for all they did to keep them out of trouble. It was a heartwarming scene. Lane Fujii, coordinator of the event, even passed out YMCA annual support campaign cards and asked everyone to make a contribution to the Y.

Building lives—this is what YMCA staff and volunteers strive to do every day when working with young people. When we have former Y youth members share their feelings about the positive ways the Y influenced their lives, *it makes everybody's day!*

Left: members (left to right) **Lincoln Ocreto, Keith Uchima and Isaac Hokama** recall some funny moments from the past.



Above: Lane and June Fujii, coordinators for the event, now live on Maui.

Right: (left to right) Mei-Chih Chun, Leighton Kawai, Phil Chun and Jeanette Kawakami enjoy themselves at the reunion.

