



希望の鐘 *The Bell of Hope*



The Y's Men's Club of Kawagoe

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Kawagoe Y's Men's Club Bulletin

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April Issue

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Chartered 1998

President: Taro Tonegawa

Vice President: Atsuko Matsukawa

Treasurer: Kimiyo Yoshida

Secretary: Katsusaburo Yoshino

Club President's Theme: Return to the Starting Point, and
Support Kawagoe YMCA

International President: Edward Ong

Theme: Faith, Love, Action

Slogan: **Together Stronger**

Asia Pacific Area President: Tadashi Tanoue (Japan)

Theme: Act now with faith and love!

Japan East Region Director: Makoto Yamashita

Theme: Rediscovering Y's Uniqueness

April Scripture

Be clear-minded and self-controlled so that you can pray.

Above all, love each other deeply, because love covers over a multitude of sins.

(Peter 1 4:7-8)

(March Attendance: March 28th)

Attendance 7 participants 70%

Kawagoe Club: Schedule of Regular Meetings and Other Events Starting in April

Taro Tonegawa

On Saturday, March 28, the Kawagoe Y's Men's Club and the Saitama YMCA Clover Class held a joint bus trip, during which participants enjoyed the cherry blossoms—which had reached full bloom earlier than usual—from the bus windows. Fortunately, the weather was fine, and the children, members of the Tokorozawa and Kawagoe Clubs, and all those involved had a wonderful time, making it a day full of smiles. For more details, please see Mr. Yoshino's report.

Here, we would like to provide information on the Kawagoe Y's Men's Club events and regular meetings scheduled for April and beyond.

1) Sunday, April 12th 10:00~15:00

At the Koedo Blue Marche in Westa Kawagoe Plaza, the Kawagoe Club will participate in "Light It Up Blue Kawagoe."

This event is one of many autism awareness initiatives held around the world in conjunction with "World Autism Awareness Week," observed from April 2 to 8 as designated by the United Nations General Assembly.

The Kawagoe Club will participate in the Koedo Blue Marche at Westa Kawagoe Plaza. We will be selling sweet potato snacks, hosting a charity sale of Y's Forest Coffee, and selling items at a bazaar.

The Saitama YMCA will have children participating in the "Boccia Light It Up Blue Kawagoe Exchange Event."

2) Saturday, April 25

Meet at the West Gate of Tobu Zoo Station on Saturday, April 25 at 10:55 a.m. for the Walking Event in Conjunction with "Week 4 Waste."

The Kawagoe Y's Men's Club will hold its April meeting as a walking event at Tobu Zoo Park. This event will also serve as part of "Week 4 Waste."

After entering the park, we will have a light meal and hold our regular meeting, followed by free time to explore the park. Please bring work gloves, plastic bags for picking up trash, and a Kawagoe Y's Men's Club windbreaker. Since we will not be conducting "W4W" activities once inside the park, please bring only what you need and keep it to a minimum so as not to get in the way.

Admission: 2,300 yen (general admission),
1,500 yen (seniors 65 and older)

3) Saturday, May 23rd, 14:00~16:00

Kawagoe Y's Men's Club Lecture Meeting
Venue: Westa Kawagoe, 3rd Floor, Training Room 4 (Capacity: 25)

The speaker will be Ms. Yuko Namekawa (a pioneer in early childhood English education). We have reserved a spacious venue (Westa Kawagoe, 3rd Floor, Training Room 4; capacity: 25 people). We have also invited members from the Saitama Club and the Tokorozawa Club. We would like as many people as possible to attend, so please spread the word to your friends and acquaintances. Everyone is welcome to attend, including members of the general public.

As previously announced, we are pleased to report that Mr. Seiji Igarashi has joined the Kawagoe Y's Men's Club.

This has been published in the Japan East Regional Director's April Newsletter (Issue No. 10) <https://ys-east.or.jp/news/topics/8143#gsc.tab=0>. We plan to hold a welcome ceremony for him and his wife, Kaoru, at our regular meeting on Saturday, May 23. Thank you for your support.

March Monthly Meeting Report Bus Trip (Gunma Safari Park & Konnyaku Park)

Katsusaburo Yoshino

On Saturday, March 28, the third event of the fiscal year, co-hosted by the Kawagoe Y's Men's Club and the Saitama YMCA Kawagoe Center, was successfully held with the bus fully booked to its capacity of 27 passengers. ,

Representatives from the Kawagoe Y's Men's Club included Taro and Keiko Tonegawa, Atsuko Yamazaki, Reiko Nakano, Kimiyo Yoshida, Kantaro Masuda, Miki Oikawa, Katsusaburo and Fujiko Yoshino, and Kyoko Kawai. Three members from the Tokorozawa Club—Kazuko Osawa, Teruko Miyaji, and Yachiyo Okabe (titles omitted)—also joined us.

From the Kawagoe YMCA, there were seven children from the Clover Class and seven alumni.

Although I am originally from Gunma Prefecture, this was my first time visiting Gunma Safari Park. True to its model of an African safari, it was truly thrilling to see wild animals approach right up to the cars without any fences. Looking at the nameplates on the tour buses, I could see that visitors had come from all over the region, and with many visitors arriving by private car as well, it was clear that the park attracts a wide range of visitors.

The park opened in 1979 and will celebrate its 50th anniversary in 2029. A sign indicated that Michael Jackson had visited the park in December 1988.

We had an early lunch there and then headed to our next destination, Konnyaku Park.



We were able to see animals up close.



A commemorative photo in front of "Manan-chan," the mascot of Konnyaku Park

This occasion represented the second visit for both the Kawagoe Club and the Kawagoe YMCA. I participated last time as well. The children who joined us last time expressed a strong desire to go again, which is why we organized this visit.

I'd heard that konnyaku has zero calories, so I looked it up online. The answer was that konnyaku has 5 calories per 100 grams. It really is low in calories. Going right after lunch, like I did this time, and enjoying the all-you-can-eat buffet is the best way to go. I didn't hold back, regardless of my age, and thoroughly enjoyed konnyaku prepared in all sorts of ways. I wonder if they didn't have the "all-you-can-pack" option this time?

By the way, konnyaku is a specialty of Gunma Prefecture. There's a line in the Jomo Karuta that goes, "Green onions and konnyac—specialties of Shimonita."

This bus trip went exactly as planned, departing at 8:00 a.m. and returning at 3:30 p.m. There were no accidents, and everything went smoothly. This was largely thanks to the driver's cooperation and the thoughtful coordination of Kyoko Kawai, who

served as the trip coordinator. I wonder where we'll go next time. I'm already looking forward to it.

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From the International Stage

Keiko Tonegawa

The 2026 International Convention Venue Has Been Changed to Penang!

The venue for the 75th International Convention of the Y's Men International has been changed from Dubai, United Arab Emirates, to Penang, Malaysia. This change was made due to the unstable international situation in the Middle East, allowing for the early securing of a safe hotel in Penang, Malaysia, that is well-equipped with facilities for convention operations.

The event dates remain unchanged: September 10–13, 2026. The early bird registration period has been extended until May 31, and the registration fee is \$495 (approximately 80,000 yen). The registration fee covers participation in the 3-night, 4-day program and meals.

If you book through the Y's Men International conference website, you can stay at the St. Giles Wimbury Hotel Penang—the conference venue—in a twin room for \$97, including breakfast, instead of the usual \$135.

It's closer than Dubai, and round-trip airfare starts at around 50,000 yen, so even if you've ruled out attending because Dubai seemed too far and too expensive, please reconsider. Under the theme "Share Dreams, Build the Future," why not come interact with Wise women from around the world and enjoy Penang, a city where diverse cultures coexist?



Penang's streets, where diverse cultures coexist

Relay Essay

Appendicitis, Hospitalization Record Takashirou Yamamoto

Health comes first as my goal for 2026! I set a goal like this and for two and a half months, I never imagined I would get appendicitis. I tried to refrain from drinking alcohol during the Lent period, and from February 18, I hardly drank at all (only on two days), went to the local park every morning for radio calisthenics, and lived a healthy lifestyle, sleeping eight hours from around 10 p.m. to 6 a.m.!

Around 2 p.m. on March 17, I began experiencing abdominal pain and couldn't bear it, so I left work early around 4 PM. By this time, the pain was unlike anything I had experienced before. Still, I thought it would get better eventually and rested at home, but from 8 p.m. I had a slight fever of 37.2°C. The pain had not changed even by 10 p.m. I called #7119 (Emergency Relief Center Service). They introduced three places that could provide nighttime medical care, but when I called, all of them refused. At this point, I considered calling an ambulance, but in the end, I decided to wait until the next day.

The next day, March 18, I went to the nearby Kanetsu Hospital without a referral or an appointment and made a reservation for the 9:30 fever outpatient clinic. My fever remained a mild 37.2°C. After waiting for about 30 minutes, I was finally seen and was sent for blood tests and a CT scan. Then I had a follow-up consultation. While waiting in the waiting room, the attending doctor came out of the examination room and, looking flustered, said, 'Based on the test results, it turns out you have appendicitis, commonly called a burst appendix. We will urgently refer you to surgery, so please go to the surgical examination room.'

It was found here that the severe abdominal pain I had since yesterday was appendicitis. I was referred to the surgery department and waited for about 20 minutes, but the surgeon said, 'It's appendicitis, but would you prefer surgery or treating it with antibiotics? If possible, I recommend surgery.' So I chose surgery. Then, I was told that preoperative X-ray and

electrocardiogram tests were required, and I was sent there for those. I was wondering when the surgery would take place, but the surgeon's examination slip said, 'Same day, hospitalization, surgery.' I thought the surgery schedule would not be decided so quickly, but I am grateful that they will relieve the pain soon. By the way, the pain has hardly changed since yesterday, but knowing the exact diagnosis somehow made me feel slightly more at ease. After that, several tests were hurriedly conducted, and I was admitted to the hospital.

I was guided to my room around 3 p.m. There, I received an explanation of the surgery from the surgeon and signed the consent form. I was told I would go to the operating table at 3:45, so I quickly got ready and was taken to the operating room. On the operating table, I was told my body would be secured and that general anesthesia would be administered. One minute later, I lost consciousness. My next memory is when I was spoken to, 'The surgery is over. We will return to your room now.'

After returning to my room, I had fallen asleep, but just after 9 p.m., the surgeon came to my room, woke me up, and said, 'How are you feeling? If you are in pain, I can give you painkillers, so let me know. Also, if you need to go to the bathroom, you can go.' I had been asleep until then, but when he said that, I felt the need to use the bathroom, so around 9:40 p.m., I pressed the nurse call and went to the bathroom outside the room on my own.

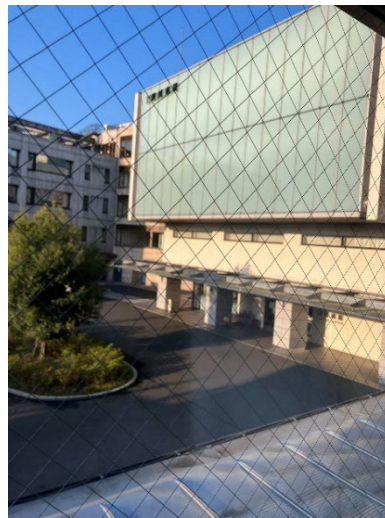
Of course, it was extremely painful because I had to use my abdominal muscles to get up. I walked very slowly so as not to fall, using the IV stand with the drip as a kind of cane or walker. Somehow, enduring the pain, I returned from the toilet, changed from the surgical gown into my hospital gown, and lay down on the bed. The most painful moments were getting up from the bed and lying down on it. Then I slept soundly, and when I woke up, only about an hour had passed since earlier. Because the pain continued, I pressed the nurse call button and had painkillers added to my IV. I could sleep while the painkillers were working, but when they wore off, I woke up from the pain.

The day after the surgery, that is, March 19, I was in that condition all day. I would wake up. I went to the bathroom while enduring the pain. I had painkillers administered through an IV. I slept for a while. However, in the evening, a nurse told me that if I didn't move, I would develop ileus (intestinal obstruction), so I should walk as part of rehabilitation. I didn't want to develop ileus because it would mean another surgery and a longer hospital stay, so I walked. That said, at first, I walked back and forth about 20 meters in the hallway using the IV stand as a walker, very slowly, and gave up due to pain. The second time, I

gave up after three laps. I spent most of the time lying in bed, unable to turn over, and completely immobile.



The intravenous drip that was administered from the first day of hospitalization until the day before discharge.



The view from the hospital room where I am admitted

[YMCA Report](#)

The fiscal year 2026 has started!!

On April 3rd, we held the new fiscal year service at the Tokorozawa Center, and four new members, including two native staff, joined us. Although the Kawagoe Center was in the middle of a busy special spring break program, we were very happy to see new colleagues and staff from different departments after a long time. We also received delicious donuts from the board members, and, with gratitude, we started the new year on a positive note. Thank you very much.

We hope to walk together with everyone in fiscal year 2026 as well. We appreciate your continued support.

[Y's × SDGs Youth Action 2026 Not Selected]

On March 22, 'Kono Yubi Tomare & YMCA Clover Club Kawagoe' participated in the presentation competition for Y's × SDGs Youth Action 2026. This program provides grants to support youth-led activities that address local issues in line with the SDGs. This year, 23 teams applied, of which 10 were selected.

Two years ago, we were selected for the 'Small Atelier Project,' but this year, we launched a project called 'ENBIROI' (picking up connections), using the casual activity of 'picking up trash' as a starting point, nurturing 'connections' through the joy of working together with others.

Unfortunately, we were not selected this time, but wishing to give shape to the thoughts of the gathered members, we decided to establish a 'Volunteer Club' as an activity of the Kawagoe Center and carry it out throughout the year.

We would be grateful to receive the wisdom and support of every Y's Men and Women.



【Volunteer Club】

Date and Time: Every Wednesday, 5:40 p.m. – 8:00 p.m. (Flexible entry and exit)

Location: Saitama YMCA Kawagoe Center 101

Editor's Note

The temperature has suddenly risen, and it feels like our bodies can't keep up with it every day. How is everyone doing?

It has been 14 months since Satoshi Ota became the General Secretary of Saitama YMCA, and the second year has begun. Kawagoe Center will continue to be managed this year with Kyoko Kawai at the center of operations. We sincerely ask for your continued support.

Looking at the world, there are multiple truly tragic wars continuing. Every day, I pray that, as there is peace in heaven, peace and stability may also be brought to the earth. Even amid this, the Saitama YMCA is steadily moving forward with everyone's efforts and support. In the new fiscal year, several new initiatives are about to begin. I also want to contribute as much as I can.

We are pleased to deliver Issue No. 28-10 of Kawagoe Club's 'Bell of Hope,' so please take a look. This issue also contains substantial articles that are worth reading. (KY)