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# Bulletin

Volume 6, Issue 8

September 1, 2003

## **Bulls Calendar**

09/01 Holiday – Labor Day  
09/03 Oahu League BOD meeting, 7:15 p.m., Gentry Pacific Center  
09/06 Oahu Fall Season Starts  
09/06 MISO Junior League Starts  
09/09 HSC Bulls BOD meeting, 7:00 p.m., 900 Fort Street Mall  
09/14 HSC Bulls Coaches meeting, 7:00 p.m., Paki Hale  
09/20 Newsletter deadline for September issue  
09/28 HSC Bulls Coaches and Managers meeting, 7:00 p.m., Paki Hale

## **Foodland's Give Aloha Program**

By Ken Perske



Once again, the Honolulu Bulls Soccer Club (HSC Bulls) has the opportunity to participate in Foodland's Give Aloha Program. Individuals can go to any Foodland and Sack N Save supermarket and donate up to \$249 to their favorite non-profit charity.

The Board hopes you will consider the Club if you participate in this worthy event. Foodland will match donations so the Club could potentially see a nice "bonus" at the end of the year.

### **How It Works**

During September, Maika'i members may donate up to a cumulative total of \$249 per person, per organization to participating Hawaii non-profit organizations at checkout. Foodland will match each donation up to a total of \$200,000 for all organizations combined. If total customer donations exceed \$200,000, Foodland will divide its \$200,000 matching gift

proportionately among all participating organizations.

### **How You May Give**

When you go through the checkout at Foodland or Sack N Save, just show your Maika'i Card and let the cashier know you would like to donate to the Honolulu Bulls Soccer Club. If you do not have a Maika'i Card, you may request one at checkout. Our five digit registration code is **77516**. The cashier will enter our registration code and will ask you for the amount you would like to give. The cashier will add the amount to your purchase total. Even making a small gift by simply rounding up your purchase total to a whole dollar amount or just adding a dollar or two will help. You may give up to \$249 per organization (donations exceeding \$249 will not be matched). Donations in the form of cash, check or charge card (JTB, VISA, American Express, Discover or Mastercard) will be accepted. Make donations payable to Foodland or Sack N Save.

Foodland and Sack N Save will not release donor names, so if you would like the Club to know of your gift, please contact us directly so we may properly acknowledge your gift.

### **How to Increase the Matching Gift**

A portion of the proceeds from sales of participating Give Aloha products will add to Foodland's \$200,000 matching gift to organizations. You can help increase our gift by purchasing these participating products! Just look for the Give Aloha shelf signs in stores to locate these products.

### **Are These Contributions Tax Deductible?**

These contributions are tax deductible to the full extent of the law. Please save your store receipt for tax purposes since it will be the only record you will have of your donation.

### **How Matching Gifts Will Be Calculated**

Matching gifts will be calculated after the end of the program. Organizations will receive 100% of all customer donations given to their organization, plus their percentage of Foodland's \$200,000 matching gift. The portion of the matching gift that each organization will receive will be based on the total dollar amount of customer donations designated to that organization as a percentage of all customer donations received for all organizations.

## **HSC Bulls Golf Tournament**

By Michael Stollar



Space is going quickly. To ensure your spot in this event sign up today!!

We are asking all teams to make donations. We are able to accept donations as soon as you can provide them. The entry form is at <http://hscbulls.com/Forms/2003GolfTournamentFlyer.pdf>. Please contact Mike Stollar at 286-5586 or email him at [mbschs@hawaii.rr.com](mailto:mbschs@hawaii.rr.com).

## **College Prep Booklets**

By Ken Perske

The HSC Bulls still have a few College preparation booklets left over from the SportsSource College seminar we sponsored a few months back. Now that high school is starting, it is a great time to begin organizing your plan of action for finding the right college for yourself. Booklets are \$20



each and if interested you can see Ken on the field or email him at [kennethp@kapiolani.org](mailto:kennethp@kapiolani.org).

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### Is There a Drinking Problem?

Dehydration is loss of water and important blood salts like potassium (K+) and sodium (Na+). Vital organs like the kidneys, brain, and heart cannot function without a certain minimum of water and salt.

### Fluid Intake Recommendations.

Players should have unlimited access to fluids (sports drinks and water) throughout the game or practice.

Parents/players should check the color of the player's urine. If it is a dark, gold color (like apple juice), the player is already slightly dehydrated. If it is very pale yellow (like lemonade) then the player is well hydrated.

Players should consume 17-20 oz of fluid two hours before the start of a game or practice.

Players should drink during exercise to minimize losses in body weight but should not over drink.

Players should avoid carbonated drinks. They cause bloating and may decrease the amount of fluid consumed.

Players should avoid caffeinated beverages as they cause the body to lose body fluids.

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### Team Finances

By Ken Perske

Each new season creates the need for teams to fund raise individually to cover travel expenses. In the past, teams had individual bank accounts and used the Club's non-profit status to maintain these accounts and solicit donations. Two years ago, teams were asked to close these accounts based on new IRS rulings regarding non-profit organizations and based on the tremendous burden placed on our volunteer staff of one (our Treasurer) to manage the accounts and file taxes on these accounts.

At this time, all of these original accounts should be closed. There is not a great solution unfortunately. What has been suggested is that one parent on the team open an account using his/her own social security number or tax ID number. This would mean filing income tax on these accounts; most parents and teams would not like this option. Another suggestion is to file for individual team non-profit status, which can be done for a small fee. It would mean creating a team Board with by-laws etc.; too cumbersome for most but not impossible. The cleanest solution is to distribute monies collected at fundraisers evenly to the participants and they can track their own.

Individual teams can solicit donations from sponsors. However, if successful, the money is donated to the Club, not the team or individual player. Right now, we do not have the manpower to manage and track this and allow for reimbursement of funds once travel expenses are accounted for. So even though you may mean well for your team or players, please avoid this method of fundraising for individual teams. Certainly, we encourage and admire individuals donating to the Club as a sign of belief in our mission; and certainly we would love to secure donations from larger companies on behalf of developing our youth through the beautiful game. If you know of such potential benefactors, please contact any Board member so we can pursue.

Having been through years of fundraising, I can assure you this is not an easy task, especially with these newer constraints. I appreciate your patience and understanding. How an individual team actually handles the funds is controlled by the team parents after they discuss the situation. Some teams ask parents to put money aside to cover unexpected expenses through the year such as tournament fees, gifts etc. This

decision is not dictated by Club policy. The Club's only policy is that when 3 or more teams travel, all players are assessed a coaching subsidy to cover all staff coaches traveling. This subsidy is calculated based on number of coaches and players traveling and covers cost of per diem, hotel, airfare and car. Our coaching staff is very good about cutting costs by sharing rooms and cars. The subsidy is collected before travel as much as possible.

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### Long Distance Donation

By Miles Tsuruoka

The family of Jean-Pierre Bourquin donated \$200 to the HSC Bulls because JP loves the Bulls. JP attended the Pro-Xtreme Camp last Christmas while on vacation in Hawaii. JP was supposed to join the U11 Boys team this fall, since his dad's business contract in Taiwan had ended and the family was relocating to Hawaii. JP had tried out for the team in June and had been practicing with the traveling team during the summer. Unfortunately, his dad, Noel, was called back to Taiwan at the last moment. However, J-P so enjoyed his practices with the Bulls that his dad offered the donation and said that J-P will be back for this year's Pro-Xtreme Camp, as well as sign up for post-season training next summer. We look forward to the day when J-P can be a full-time Bulls player!

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### More Donations!

During the 2003/2004 registration, the HSC Bulls have had several families who believe in what we are doing and contributed to the Club. The HSC Bulls BOD would like to recognize the following members for their generosity. Gerald Akai, Ross Bloom, Roy K.S. Chang, Guy Chinen, Peter Cooper, Hank Erwin, Richard Haas, Joe Holtz, Alex McAngus, Jeri and Marvin Mestanza, Roy Nakamura, Anton Nicolescu, Myron Okubo, Earl Pawn and James Shon.