

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

JUNE 2011

Website: www.huilimakoua.com. Happy Fathers' Day!!!

Next Meeting. (a) Our next potluck meeting will be held on **Saturday, June 11, 2011, starting at 2pm at the Parish Center, Our Lady of Assumption Church** (3175 Telegraph Road, Ventura). Parish Center is located about 200 yards west of Hurley Hall where we normally meet, close to St. Bonaventure High School. For the program **Susan Halverson** will be teaching us the art of making a fruit garnish centerpiece - please bring a big apple (any color or brand), a small serrated knife (perhaps a steak knife), and lemon. We will cut the apple (straight cuts) and use the lemon to prevent the apple from discoloring. Susan will bring a completed sample for display. Save the plate after eating at the potluck to be used for this bird project centerpiece. It should be interesting, fun and different. (b) For the second half of the program, **Susan** will teach us Tai Chi. For this part of the program bring water to drink, comfortable clothes and shoes to exercise. (c) For planning purposes, we will have a picnic on July 9. And our annual mini-luau will be held on November 5. So mark your calendars. I will keep you posted in future newsletters.

Past Meeting. We had a wonderful potluck-meeting on May 14, in Hurley Hall of Our Lady of Assumption Church. The food was great and we all had a great time learning yoga from **Gerry Delgado**. **Gerry** did a fantastic job in teaching many of us first timers the art of gentle yoga. It may have been gentle for the young and nimble but it was huff, puff, and sweat for many of us out-of-shape seniors. Many members brought mats, towels, or blankets and got on the floor while others did the yoga while seated on chairs. Thanks **Gerry** for a great program.

Membership News. (a) I forgot to mention in last month's newsletter that we have a new member -**Amy Takeshima**. But I did include her name in the roster that I provided to all members. In May we added another new member - **Susan Halverson**. **Susan's** parents were originally from Hawaii. Welcome to both **Amy** and **Susan**. By the way, soon after **Susan** joined the club she volunteered to teach us fruit garnish centerpiece and Tai Chi so we quickly accepted and squeezed her into this month's program. Thanks **Susan**. (b) If any member has a son or daughter graduating from high school this year please let **Ron Wong** know so that the club can provide him/her with a gift.

Tidbits. (a) June 11 is Kamehameha Day; June 19 is Fathers' Day; and June 21 is the start of summer. (b) What is the name and political party of Hawaii's Governor? Honolulu Mayor? Hawaii's two U.S. Senators? (Answers below).

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Be Yourself
by Anonymous

Be understanding to your enemies.
Be loyal to your friends.
Be strong enough to face the world each day.
Be weak enough to know you cannot do everything alone.
Be generous to those who need your help.

Be frugal with what you need yourself.
Be wise enough to know that you do not know everything.
Be foolish enough to believe in miracles.
Be willing to share your joys.
Be willing to share the sorrows of others.

Be a leader when you see a path others have missed.
Be a follower when you are shrouded by the mists of uncertainty.
Be the first to congratulate an opponent who succeeds.
Be the last to criticize a colleague who fails.
Be sure where your next step will fall, so that you will not tumble.

Be sure of your final destination, in case you are going the wrong way.
Be loving to those who love you.
Be loving to those who do not love you, and they may change.
Above all, be yourself.

WORDS TO LIVE BY...

Individual commitment to a group effort - that is what makes a team work - a company work.
~**Vince Lombardi**

Obstacles are those frightful things you see when you take your eyes off your goal.
~**Henry Ford**

Small deeds done are better than great deeds planned. ~**Peter Marshall**

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.
~**Judy Garland**

Motivation is what gets you started. Habit is what keeps you going. ~**Jim Ryun**

Procrastination is the art of keeping up with yesterday. ~**Don Marquis**

The best way to cheer yourself up is to try to cheer somebody else up. ~**Mark Twain**

Love all, trust a few, do wrong to none. ~**William Shakespeare**

Life is the sum of all your choices. ~**Albert Camus**

If you don't like how things are, change it! You're not a tree. ~**Jim Rohn**

Answers to Tidbit Questions: Governor **Neil Abercrombie (D)**, Mayor **Peter Carlisle (I)**, and Senators **Daniel Inouye (D) and Daniel Akaka (D)**.