

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

AUGUST 2017

Website: www.huilimakoua.com. Hawaii celebrates Statehood Day on August 18, 2017

Next Club Activity. (a) The potluck meeting for August has been cancelled because the Ukulele Club of Ventura County will be competing in the Las Vegas' Ukulele and Hula Competition that weekend. Hope to see you on September 9 for the election/installation luncheon. Stay tuned to the September newsletter for more information. (b) Tentative future club events:

August. No meeting due to conflict (The Ukulele Club of Ventura County will be performing at the Kumukahi Ukulele and Hula Competition in Las Vegas).

September 9. Election and Installation of officers at a yet to be determined restaurant. Please contact **Darrin Ching** at 388-1544 if you are interested in running for office next fiscal year (Oct –Sep).

October 14. Annual Luau. This Luau is a club function and we will need your kokua (help). **Kaimana Pendergrass** will be the Chairperson again for this event so please offer her your assistance – in the kitchen, on the serving line, food preparation, setting up the hall, cleaning up, selling tickets, etc. Mahalo. The Luau will be held at Our Lady of Assumption Church (OLA).

November 11. Tentative Thanksgiving potluck at OLA Church.

December 9. Tentative Christmas potluck at OLA Church.

Past Meetings. Last month (July 8) the club enjoyed an enjoyable picnic at the Camino Real Park in Ventura. It was a hot summer day so we sat under the shade of the huge tree. We had to move a few times to follow the protective shade. The food was enjoyable and the presentation by **Lori MacDonald** was outstanding. **Lori**, daughter of **Mario and Leandra Castroni**, talked about gardening that she learned from taking classes in Ventura. She gave us printed handouts to learn more about fertilizer and other things about gardening. What do those 3 sets of numbers on a fertilizer bag mean? The first set of numbers represents the percentage of nitrogen in the bag. The second set of numbers is phosphorus and the third set of number is potassium. Nitrogen promotes growth and prevents stunting and yellowing of plants. Phosphorus stimulates early growth and root formation. Potassium increases size and quality of fruits and vegetable. A big mahalo to **Lori** for an outstanding presentation. The top three Von's gift card winners were **Connie Louie, Judith Wilson, and Leandra Castroni**.

Hawaiian Tidbit. (a) The Ukulele Club of Ventura County (under the direction of **Kaimana Pendergrass**) will be performing at the Ventura County Fair on August 8th from 12:30 to 1:30 at the Seabreeze Stage. This happens to be Senior and Handicap Day. On August 11th the group will compete in the Kumukahi Ukulele and Hula Festival at Sam's Town, Las Vegas. Good Luck! (b) **Roland Cazimero** — a multi-Hoku-Award-winning singer, musician, song writer and recording artist and one-half of the **Brothers Cazimero** — died in July after several years of declining health. He was 66. **Cazimero** first made history as a member of the Sunday Manoa with his older brother, kumu hula **Robert Cazimero** and **Peter Moon** in the early 1970s. He and **Robert** founded the **Brothers Cazimero** in 1975. (c) Hawaii became the 50th state on August 21, 1959. Hawaii is made up of 8 islands and each island has its own color and flower and one island is uninhabited. Kahoolawe Island is uninhabited. Colors and flowers of each island are: **Oahu**: Yellow color, yellow ilima flower; **Hawaii**: Red color, red ohia flower; **Kauai**: Purple color, mokihana flower; **Maui**: Pink color, pink lokelani flower; **Molokai**: Green color, white kukui blossom; **Lanai**: Orange color, kaunaoa (yellow and orange air plant); **Niihau**: White color, white pupu shell. The state flower is the hibiscus.

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Mike's Rambling Corner

1. Solar Eclipse. On August 21, the U.S. will experience its first coast-to-coast total solar eclipse in 99 years. The eclipse will cut diagonally across the entire United States over Oregon, continuing through the heartland all the way to Charleston, South Carolina. Those on the outskirts — all the way into Canada, Central America and even the upper part of South America — will be treated to a partial eclipse. Former members, **Kim Nishimura** and **Ollie & Loesje Akau** moved to Oregon and will have ring side seats to watch this event.

2. Exercise. I have noticed many exercise classes offered at local community centers, senior centers, exercise facilities, etc. Many of these classes, like Bone Builders, Tai Chi, Yoga, Swimming, Dancing, and Walking Clubs are offered to seniors. There is one that is gaining popularity – Laughter Yoga. I first heard about Laughter Yoga last year when I talked to a lady who worked in the same building as me at Point Mugu many years ago. I asked her what she was doing now that she has retired - she teaches classes in Laughter Yoga. I never heard of that class at that time. She tried explaining that class to me but I just could not grasp it. So she invited me to watch/participate in one of her classes. At the class I just could not “let myself go” and laugh like the rest of the class participants. I was too self conscious. Maybe I should try this class again after I become more familiar with the class members and surroundings so I can “cut loose.” Laughter Yoga has been scientifically proven to reduce stress and increase “happiness chemicals” in your brain, and was recently featured in Time Magazine. OK, I’ll enroll when I become a senior (HAHAHA).

3. First Aid Home Remedies.

- a. Use honey for cuts. Its antioxidant and antibacterial properties may help to cleanse and heal.
- b. Use potato peel for burns. The juices in the potato keep the burn moist. Cover with a bandage.
- c. Duct tape for a twisted ankle. To stabilize an ankle (or wrist) wrap the injury with thin strips of tape.
- d. Greek yogurt for sunburn. The lactic acid works to remove dead skin. Leave on for 15-20 minutes.
- e. Toothpaste for bee-stings. The alkaline toothpaste neutralizes the acid in the bee’s venom.

4. Reader's Digest: 10 Absolutely Vital Home Maintenance Tasks You Don't Want to Overlook— or Risk Thousands in Repairs. (a) Test the sump pump or risk a flood. (b) Check for high water pressure or wreck fixtures and appliances. (c) Clean window weep holes or invite rainwater into your house. (d) Clean refrigerator coils or pay unnecessary repair bills. (e) Keep window wells clean or risk broken window and wet basement. (f) Drain sediment from your water heater or expect a shortened life span. (g) Lube garage door springs or replace them sooner rather than later. (h) Check for mice nests or risk damaged equipment. (i) Clean dryer vents or waste energy and risk a fire. (j) Check garage door balance or wreck your opener.

5. Pokemon Go. What ever happened to this craze. Anyone still playing this game? Just wondering.