

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## JULY 2008

**Website:** [huilimakokua.com](http://huilimakokua.com).

**Next Meeting.** (a) Our next potluck meeting will be held on Saturday, July 12, starting at 2 PM at Our Lady of Assumption Church (Hurley Hall) located at 3175 Telegraph, Ventura. For the program we will attach cords/ropes (if you so desire) to the ipus we made and also learn how to play them. Hey, making ipus has been educational and fun. Mahalo to **Juanita** and **Dirk** for instructing us. (b) On August 9, we will have a potluck picnic at the Camino Real Park in Ventura. We are inviting the Ohana Kakou Hawaiian Club of San Fernando to join us. Bring a potluck dish, chairs (or blankets or mats), and musical instruments. The club will furnish tri-tip, rice, punch, and service. More information will be provided in next month's newsletter. (c) For planning purposes, we will have our mini-luau on October 25, starting at noon. This luau will be held at Assumption Hall, Our Lady of Assumption Church. We will have 100 tickets available for this event so make you reservations early. Last year we sold out the tickets. The pavilion at the Navy Base was too small so we will have the next one at a bigger facility (Assumption Hall). Good food, good fellowship, and good entertainment. More information to follow.

**Past Meeting.** (a) Our potluck meeting was once again full of good kaukau and fun. We continued with our ipus. This is really a fun project. By next month I'll have a finished ipu and I should be ready to play it (I hope).

**Membership News.** (a) The Ventura Star Newspaper selected **Kyle Eckhart** to Ventura County's second team for the 50 meter swim. **Kyle** is the son of **John and Lita Eckhart**. He just completed his junior year at Oxnard HS. Congratulations, **Kyle**. (b) **Diane Nalani Takahashi**, former member of the Hui and daughter of **Stan and Annette Takahashi**, recently won a position on the Republican Central Committee for the 5th District (in Ventura County). Congratulation **Diane!**

**Hawaiian/Local Tidbits.** (a) The Southern California Hoolaulea will be held at Alondra Park, 3850 West Manhattan Beach Blvd, Lawndale, California on 19 & 20 July. Time: Saturday: 10am-5pm; Sunday: 10am-4pm. Admission is free. (b) There will be a Hawaiian Music and Hula Gathering in Santa Monica. On July 3, starting at 7 pm the Santa Monica Pier Twilight Dance Series presents "One Hawai'i" - a gathering of Hawai'i's top musical groups, performing together. "One Hawai'i" features **Keali'i Reichel, Na Leo**, hula halaus, and other performers. Admission is free. For more info, see: <http://www.twilightdance.org/acts.html>. (c) 14<sup>th</sup> Annual E Hula Mau Hula & Chant Competition at the Long Beach Performing Arts Center on 29-31 August. Admission charge. Box Office: (562) 436-3661. (d) An Ukulele Concert will be held at the Performing Arts Theatre by the Beach, Port Hueneme, on Sunday, October 12 at 2 pm. This event is being sponsored by Tina Ports of Paradise. Admission is \$35.

**Mike Nakamura**, Corresponding Secretary, 482-1740, [monakamura@aol.com](mailto:monakamura@aol.com)

**We are Such Slow Learners**  
(Received from my good buddy, J.C)

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... all before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. We're such slow

learners...

God left us a great clue as to what foods help what part of our body!

God's Pharmacy! Amazing!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye.. and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries

Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

*(Editor's note: These comparisons make it easier to associate fruits and vegetables to various parts of the body. Very interesting and helpful)*