

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## DECEMBER 2009

**Website: [www.huilimakoua.com](http://www.huilimakoua.com).**

**Next Meeting.** (a) Our next potluck meeting will be held on December 12, 2009 starting at 2 pm at Our Lady of Assumption Church, **Parish Center** (not Hurley Hall), 3175 Telegraph Road, Ventura. The club will furnish the ham; however, we need someone to cook the ham. If interested in cooking the ham please call **Darrin** at 388-1544. Mahalo. For the program we will have **Ted Wakai** do a magic show for the first half of the program and we all will participate in a few Christmas carol sing-a-longs in the second half. So bring your ukes, guitars and singing voices and make this into a festive meeting. (b) The Disabled American Veterans has asked our club to again help them commemorate the "Pearl Harbor" day on Monday morning, December 7, by passing out hot coffee and punch at the Ventura Government Center. We need a few volunteers. If interested, call **Darrin**.

**Past Meeting.** Our regular meeting for November was cancelled in order to allow member to recuperate from our very successful Mini-Luau we had in October. Again, mahalo for all your kokua.

**Membership News.** For those members interested in renewing their Sam's Club membership, please contact **Ron Wong** ASAP. The annual cost through the club is \$35, cheaper than if you join individually. Also, please contact **Ron** if you want to pay your membership dues for the new fiscal year.

**Tidbits.** Hawaii has lost its distinction as the healthiest state in the nation, according to a new report by America's Health Rankings. The report ranked Hawaii No. 4, behind Vermont, Utah and Massachusetts. Hawaii was No. 1 last year and No. 3 in 2007. The report assessed air pollution, public health funding, cancer deaths, infant mortality, obesity rate, smoking, etc. The unhealthiest state was Mississippi, followed by Oklahoma, Alabama, Louisiana, and South Carolina. California was ranked 23. In another report released in November, Hawaii was ranked as the state with the second happiest population, after Utah. California was ranked 9th.

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

### Helpful Hints (Forwarded from Jimmy)

Eliminate ear mites. All it takes is a few drops of Wesson corn oil in your cat's ear... Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Kills fleas instantly... Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor ... Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Did You Know that drinking two glasses of Gatorade can relieve headache pain almost immediately--without the unpleasant side effects caused by traditional 'pain relievers.'

Did you know that Colgate toothpaste makes an excellent salve for burns?

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-- even though the product was never been advertised for this use.

Honey remedy for skin blemishes ... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as bug killer ... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover. Just apply a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure ...cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine, a powerful antiseptic.

Vinegar to heal bruises ... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Quaker Oats for fast pain relief... It's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

THE PENNSYLVANIA STATE UNIVERSITY