

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## MAY 2010

**Website:** [www.huilimakoua.com](http://www.huilimakoua.com). Happy Mothers' Day!!!

**Next Meeting.** (a) Our next potluck meeting will be held on **Saturday, May 8, starting at 2 pm** at Our Lady of Assumption Church, Hurley Hall, located at 3175 Telegraph Road, Ventura. Instead of having a plant exchange for this meeting as announced in last month's newsletter, the board decided to postpone the plant exchange to June. For May's program we will have a demonstration on making California roll sushi by **Kim Nishimura** and **Kay Nakamura**. A bonus for this program is that we get to taste the sushi. If you are wondering, no raw fish will be used. The board appreciates all the members who volunteer for the programs. Mahalo to all. (b) As mentioned above we will have a plant exchange for June's meeting. Members are encouraged to bring 1-5 plants to the meeting, so be prepared. More information will be provided in next month's newsletter. The meeting for June will be located in the Church house located across the parking lot from Hurley Hall. We will point it out during May's meeting.

**Past Meeting.** Our past potluck picnic was held on April 10, at the Camino Real Park in Ventura. It was a bit cold but the food, camaraderie, and kanikapila were great. We didn't need sunscreen and sun umbrellas after all. Thanks to **Darrin Ching** for cooking the delicious tri-tip and the rest of the attendees for bringing potluck dishes. Mahalo to **Ron Wong** for furnishing prizes to all the attendees for the games.

**Membership News.** **Estelle Ichino** is in the cast of "and the World Goes Round," a collaborative effort by the Ventura College Music, Theatre and Dance Departments. The live performances are being held at Ventura College, Guthrie Hall. Performances are April 22 at 8 pm (free), while the other performances are paid admission: April 23, 24, 30, April 30, and May 1, all starting at 8 pm. On April 25 and May 2 the performances start at 3 pm. **Estelle** is part of the ensemble and chorus. Go **Estelle!**

**Tidbits.** (a) The Strawberry Festival will be held on May 15 and 16 at the Strawberry Meadows of College Park, Oxnard. The festival will feature concerts, celebrity cooking demos, craft booths, rides and more. Hours are 10 am to 6:30 pm. Admission fee applies - \$12 for adults, \$8 for seniors (62+) and \$5 for kids 5-12. (b) The Northridge Hoolaulea will be held on June 5 & 6. Free admission, 10058 Reseda Blvd, Northridge, CA 91324. (c) Just an interesting sidelight I recently read. An 18-year-old female knuckleballer from Japan will join the Men's minor league baseball team in the US. **Eri Yoshida** is only 5-2, 115 pounds, and will join the Chico Outlaws this year. She was the first female to pitch professionally in Japan and she impressed the US scouts so much that she was signed to a minor league contract. I know, this story has nothing to do with Hawaii but it is interesting nevertheless.

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

### The Amazing Cucumber

This information was in The New York Times as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!