

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

DECEMBER 2010

Website: www.huilimakokua.com.

Next Meeting. (a) Our next meeting will be a Christmas Potluck Luncheon to be held on Saturday, December 11, 2010, 2 pm at Hurley Hall, Our Lady of Assumption Church (3175 Telegraph Road, Ventura). The club will be furnishing the ham. **Leandra Castroni** has volunteered to cook the ham. The club will also be furnishing the rice, drink, and service. The rest of the attendees should bring a potluck dish to share. We will have bingo games to be conducted by **Ron Wong**. We will also have Xmas gift exchange so bring a wrapped gift costing no more than \$5. The gift exchange will be conducted by **Ron**. (b) The Disabled American Veterans has asked our club to again help them commemorate the "Pearl Harbor" day on Tuesday morning, December 7, by passing out hot coffee and punch at the Ventura Government Center.

Past Meeting (Mini-Luau). We had a wonderful Thanksgiving potluck/meeting on November 13. Mahalo to **Darrin Ching** for cooking the turkeys and to **Daniel Andaya** for conducting the program on Pidgin English. Both of them did a great job. Mahalo to all the rest of the attendees for bringing the ono potluck dishes.

Membership News. (a) As a reminder, our new fiscal year started on October 1, so **Ron** is collecting dues - \$15/\$20 for single/couple. Give or send dues to **Ron** at 392 Tulane Avenue, Ventura, CA 93003. (b) Please contact a board member if you have ideas for programs. Or if you have skills you want to share with the membership.... (c) Anyone interesting in joining or renewing their Sam's Club membership through the club should contact **Ron Wong**. Cost is \$35 if joining through the club versus \$40 if joining individually. Membership will be effective December 21. (d) On a sad note, **Robert Wong**, a former member of our Club died on October 31. Our sympathies go out to **Ling Gee** and the rest of the family.

Tidbits. (a) News of the elections from Hawaii – **Daniel Inouye** (Democrat) was re-elected to the U.S. Senate for the 9th time. The new Governor of Hawaii will be **Neil Abercrombie** (Democrat). Elected to the U.S. House are **Colleen Hanabusa** and **Mazie Hirono**, both Democrats. **Ted Wakai's** nephew, **Glenn Wakai** was elected as a State Senator. Who is the current mayor of Honolulu? And the two preceding mayors? Answers are provided below. (b) The UH Football team will play in the Sheraton Hawaii Bowl game against a yet-to-be named opponent on December 24, 2010. As of this writing, UH has a 8-3 record with 2 more regular season games (against New Mexico State and UNLV). Incidentally, effective with the 2012 football season the UH Football team will transfer from the Western Athletic Conference (WAC) to the Mountain West Conference, a much tougher conference. (c) The 3rd ranked UH Wahine Volleyball team is currently 27-1. For the second consecutive year, the Wahine volleyball team swept the Western Athletic Conference's top awards for 2010 - Player of the Year (**Kanani Danielson**), Coach of the Year (**Dave Shoji**) and Freshman of the Year (**Emily Hartong**) awards. Now the team will get ready for post season play. (d) Answers to the above questions: Currently, **Peter Carlisle** is the Mayor of Honolulu. He was sworn in on October 11, 2010. Previously, **Kirk Caldwell** served as Acting Mayor of Honolulu beginning July 20, 2010 upon the resignation of **Mufi Hannemann**, who had been Mayor since January 2, 2005.

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The Number One Way to Improve Your Memory (From Yahoo)

Memory loss is the single biggest fear for Americans over the age of 55. And it's understandable: over 4 million currently suffer from Alzheimer's disease, and those numbers are expected to quadruple by 2050, according to the Alzheimer's Foundation. That may be why products promising to improve your brain function are flooding the market. Sudoku and crossword puzzles are said to improve memory association skills, though critics believe only when put to task by those puzzles. Ginkgo infused soft drinks line the grocery aisle, ever since the root was suggested to combat dementia (it doesn't). Even celery has been loosely linked to mental acuity. But the truth is there's not enough hard evidence that any of these things really work.

In fact, there's only one practice that's been proven, without question, to preserve your memory: exercise. "Aerobic activities tend to show larger effects than non-aerobic activities," University of Pittsburgh psychologist Kirk Erickson tells Yahoo. Working up a sweat helps your mind stay fit better than any crossword puzzle--unless you're doing that crossword on a treadmill.

The good news is that you don't need to run a marathon. Just walking six miles a week can ward off memory disorders caused by aging, according to Erickson's research published in the medical journal *Neurology*. "It appears that if people start exercising their memory may improve and if you continue to exercise, that might delay, or offset, the age-related decline in memory," he explains.

And you don't need to lift any heavy barbells either. Erickson and his team monitored 300 senior adults over a period of 13 years, and found that those who walked between 6 and 9 miles a week—whether to work or with the dog--had half the brain deterioration of those who didn't. "Exercise seems to enhance some of the more fundamental properties of our brain," Erickson explains. "It increases the growth of new cells and improves cellular processes associated with learning and memory." To put it simply, walking keeps your gray matter from shrinking. And the more matter, the more mind.

Another study published earlier this year suggests exercise can actually help your brain grow. A moderate workout may generate new brain cells. And not just any brain cells, but cells that specifically help to distinguish between memories, so each recollection stands out. It's the kind of function you rely on every day, says Tim Bussey, one of the authors of the Cambridge University study. "[These cells help with] remembering which car parking space you have used on two different days in the previous week."

But exercise isn't the only way to keep tabs on your parking spot. There are some supplemental practices that doctors recommend in addition to a regular walk-a-thon. Diets rich in Omega fatty acids are instrumental in keeping your brain from aging. Two servings of salmon a week, provides ingredients that support brain tissue and enhance nerve cell function. Balancing fish with the other elements of a Mediterranean diet, like fruits and vegetables, has been found to lower the chances of cognitive decline. When it comes to memory retrieval, self-testing can be beneficial. In other words, pausing between paragraphs of an article and asking yourself to paraphrase the information, or repeat a fact. It can't hurt if that article is written in another language. Bilingualism, says one new study, helps ward off Alzheimer's for up to four years. But it doesn't prevent the disease altogether. Your best bet: Walk it off.