

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## MAY 2011

**Website:** [www.huilimakokua.com](http://www.huilimakokua.com). Happy Mothers Day (May 8)!!!

**Next Meeting.** Our next potluck meeting will be held on **Saturday, May 14, 2011, starting at 2pm** at Hurley Hall, Our Lady of Assumption Church (3175 Telegraph Road, Ventura). For the program **Gerry Delgado** will be teaching/leading us in basic yoga. This program will be especially good for many of us senior members who are not as flexible and nimble as we would like to be. Please wear loose clothing in order to stretch in (participation is optional). Also you may want to bring a floor mat, towel or blanket to sit and lie on and a strap (such as a belt for robe). I looked up the word “Yoga” in the internet and found this definition: “*Yoga refers to traditional physical, mental, and spiritual disciplines, originating in India, whose goal is the attainment of a state of perfect spiritual insight and tranquility. The word is associated with meditative practices....*” Let’s go **Gerry!**

**Past Meeting.** We had a wonderful potluck-meeting on April 9, in Hurley Hall of Our Lady of Assumption Church. The planned picnic was cancelled because of the predicted bad weather. I hope this change didn’t inconvenience anyone. We had a wonderful spread of ono kau kau. We were entertained with some good Hawaiian music by **Juanita Pendergrass, Dirk Boon, Gail Kashima, Gerry Delgado, Lisa Zimmerman, Daniel Andaya, Kay & Mike Nakamura**. Mahalo to **Lisa** for starting off the program by singing a beautiful rendition of our National Anthem (a cappella).

**Membership News.** (a) Club members will be receiving a copy of the club roster with this newsletter so report all changes and updates to **Mike**. Also please contact me if you didn’t receive the roster. (b) Our club secretary, **Estelle Ichino**, will be appearing as **Vice Principal Panch** in the Ventura College spring production of the musical, “The 25<sup>th</sup> Annual Putnam County Spelling Bee.” All of the performances will take place at the Wright Library, 57 Day Road, on April 22, 23, 28, 29 and 30 starting at 8pm. The last performance will be held at 3 pm on May 1. Doors will open 30 minutes before curtain and tickets may only be purchased at the door.

**Tidbits.** (a) The Strawberry Festival will be held on May 21 and 22 at the Strawberry Meadows of College Park, Oxnard. Admission fee applies. As an aside, strawberries are not only good for your tastebuds but are also good for your overall health. They are rich in vitamin C as well as key antioxidants that make them powerful anti-inflammatory. Strawberries are also rich in pectin which is a type of soluble fiber. As most of you well know, Ventura County has the best strawberries. I personally buy more strawberries than I can consume in one or two sitting so the leftovers are washed, sliced and refrigerated to be added to my morning cold cereal along with fresh blueberries, raisins, lecithin granules, cinnamon, and aojiru (powdered young barley grass). These sliced strawberries tend to keep longer this way. Oh yea, sometimes **Kay** will allow me to spread some of those slices over ice cream. (b) How many of you remember “May Day” in Hawaii of yesteryears when we, as school kids, would wear leis and participate in fun activities at school? We all danced the maypole dance and had a lot of fun. Here in California we celebrate Cinco de Mayo Day. (c) A recent survey showed a ranking of states with the highest quality of life. California was ranked 18<sup>th</sup>. The number one state? – **HAWAII!!** Followed by Wyoming, North Dakota, Alaska, Colorado, Minnesota, South Dakota, Utah, Connecticut, and Massachusetts at number 10. How can some of these states rank above California??? Wyoming is number 2? If Hawaii is number one, what are we doing in California? Obviously, eating fresh strawberries and reminiscing the good old days in Aloha Land.

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**An excerpt from**  
**Inspiration 365 Days a Year**  
**by Zig Ziglar**

Reading has been the fuel of my motivation, it has changed the direction in which I have traveled, and it has enhanced my creative imagination more than any other activity I have ever pursued. I'm now in my eighth decade of living and I still read several hours a day. Why? When I can hook up old information with new information the combination of the two creates perspectives that could never have been achieved otherwise. New information makes new and fresh ideas possible.

I read for the "ah-ha's," the information that makes a light bulb go off in my mind. I want to put information in my mind that is going to be the most beneficial to me, my family and my fellow man, financially, morally, spiritually, and emotionally. I seldom read anything that is not of a factual nature because I want to invest my time wisely in the things that will improve my life. Don't misunderstand; there is nothing wrong with reading purely for the joy of it. Novels have their place, but biographies of famous men and women contain information that can change lives. Dr. Norman Vincent Peale's, "The Power of Positive Thinking" changed my thinking. The Bible changed my believing. Ultimately, what I have read has changed my being.

If the "ah-ha" I get when I'm reading is not already reduced into one or two sentences, I'll take the essence of what I've read and chunk it into easily remembered bites of information. That information is what becomes "quotable." You would not sit still for me to read every book I've ever read to you. But if you're the least bit like me, you'll jump at the chance to bypass all the churning and scoop the cream right off the top - that is what quotes are...the cream of our learning.

The right quote can inspire people to change their ways. I love to quote my mother, "Tell the truth and tell it ever, costeth what it will; for he who hides the wrong he did, does the wrong thing still." Of course this quote didn't begin with my mother, but she is the first person who said it to me. Quotes, good quotes, are like that - you remember who said it, what the circumstances were, and that it had an immediate impact on your thinking.

I've compiled the quotes in this book with great care. I've included quotes that will help you on the work front, the home front, and the spiritual front. There are quotes to lift you up and quotes to bring you back to earth. Some will make you smile and some will create more questions than you might care to think about. All of them will make you think and that is an exercise in your present that will enhance and improve your future immensely.

It is my hope that you "get" the "ah-ha's" I got when I first read or wrote the quotes I've selected for this inspirational book.

*If you apply what you learn to your life, I can honestly say that I will See You at the Top!*