

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## JULY 2012

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

**Next Meeting.** Our next meeting will be a potluck picnic to be held on **Saturday, July 14<sup>th</sup>** starting at noon at the **Camino Real Park in Ventura** (next to the tennis court). The park is located behind Lowe's Hardware Store. The club will furnish tri-tip, rice, punch and service (plates, cups, forks, etc). Please bring a potluck dish to share. Also bring a chair or blanket to sit on, umbrella or sunscreen for protection, games to play, and musical instruments to jam

**Past Meeting.** Our last potluck meeting was held on June 9 at the Hurley Hall. **Patty Kreider** from the Wood Carving and Gourd Art organization provided us with an interesting discussion on gourd art (background, process, focus) and a traditional Hawaiian gourd decoration technique. Mahalo **Patty**.

**Membership News.** (a) Please welcome a new member into our club, **Ruth Betts**. **Ruth** lives in Ventura and loves music. Welcome aboard! (b) **Dirk Boon** has retired from his teaching position at Oxnard College. **Linda Gregory** graduated from Oxnard College and received AA/General Liberal Arts & Sciences, AA/Sociology, and AA/Addictive Disorders Studies, all with Honors. Congratulations to both **Dirk** and **Linda**. (c) Sad to report that former member of our club, **David Kuniyoshi**, died on May 1 at age 34. He is the son of **Chuck** and the late **Jean Kuniyoshi**.

**Hawaiian Tidbits.** (a) Honolulu has replaced Los Angeles as the worst place for motorists to drive. Honolulu has more traffic than LA. Drivers in Honolulu were stuck in traffic an average of 58 hours a year as compared to Angelenos who were stuck 56 hours according to the National Traffic Scoreboard. Honolulu jumped from No. 37 a year ago to the top spot on the ranking for 2012. (b) The 34<sup>th</sup> Annual Alondra Park Hoolaulea will be held on July 21 and 22. (c) The free 42<sup>nd</sup> Annual Roy Sakuma Ukulele Festival will be held in Waikiki on July 22. (d) **Colt Brennan**, former UH quarterback has been dropped from the Saskatchewan Roughriders, a Canadian Football team. What a bummer! (e) Oracle Corp. CEO **Larry Ellison** has bought 98 percent of the island of Lanai from its current owner, Castle & Cooke Inc. The sale price was approximately half a billion dollars.

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### **HEALTH REMEDIES**

**Cure the hiccups with a Q-tip.** Briefly touch one end of a Q-tip to the small piece of flesh that dangles in the back of your throat (uvula).

**Why it works:** This triggers your gag reflex, which interrupts the spasms of your diaphragm. No hiccup cure works 100% of the time, but this one is more effective than many others.

**Clear a stuffy nose with scallions.** People with stuffy noses shouldn't take over-the-counter nasal decongestants too often -- overuse can cause increased congestion. Scallions can serve as a substitute. Cut the top fronds off two scallions, then very gently put the thick white root part into each nostril. (**Warning:** Do **not** shove it high up your nose.) Your nose should start to clear in as little as one minute.

**Why it works:** Like other members of the onion family, scallions contain chemical compounds that make the eyes water and the nose run.

## CLEANING TRICKS

**Remove stickers or tape from mirrors or windows with mayonnaise.** Stickers and tape often leave adhesive residue behind when they are peeled from mirrors or windows. Scraping the residue away can take a lot of effort. Instead, place a dab of mayonnaise on a paper towel, and apply this to the adhesive. After a minute or two, the adhesive residue should give way without much scrubbing or scraping -- sometimes it simply wipes away with a paper towel.

**Why it works:** The vegetable oil in mayonnaise dissolves most common adhesives. In fact, you can use vegetable oil to remove adhesive residue, but the oil's more liquid consistency means it won't stay in place over the adhesive as well.

**Pick up broken glass with bread.** Hundreds of tiny shards often are spread across the floor when glass breaks. Sweeping never removes them all. Next time glass breaks in your home, sweep away the larger pieces, then press a few slices of bread onto the broken-glass area.

**Why it works:** Even very small shards will lodge in the bread. **Warning:** Dispose of these slices of bread immediately so that people and pets don't mistake them for food.

**Remove burn marks from a pan with eggshells.** Crush an eggshell, then rub the shell fragments against the burned areas with your fingers. Do not use on nonstick surfaces, because it could scratch.

**Why it works:** The calcium carbonate in eggshells is an abrasive that does a nice job of scrubbing away burns. The small amount of egg white still present on the shell fragments absorbs the loose particles for a clean, shiny finish.

## **Dare to Be** (By: Steve Maraboli)

When a new day begins, dare to smile gratefully.  
When there is darkness, dare to be the first to shine a light.  
When there is injustice, dare to be the first to condemn it.  
When something seems difficult, dare to do it anyway.  
When life seems to beat you down, dare to fight back.  
When there seems to be no hope, dare to find some.  
When you're feeling tired, dare to keep going.  
When times are tough, dare to be tougher.  
When love hurts you, dare to love again.  
When someone is hurting, dare to help them heal.  
When another is lost, dare to help them find the way.  
When a friend falls, dare to be the first to extend a hand.  
When you cross paths with another, dare to make them smile.  
When you feel great, dare to help someone else feel great too.  
When the day has ended, dare to feel as you've done your best.  
Dare to be the best you can -  
At all times, "Dare to be!"

### Quote of the Day:

Yesterday is history, tomorrow is a mystery. And today? Today is a gift. That's why we call it the present.