

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

FEBRUARY 2013

Gung Hee Fat Choy! (Happy Lunar New Year) Website: www.huilimakoua.com.

Next Meeting. Our next potluck meeting will be held on February 9 at Our Lady of Assumption Church (3175 Telegraph Rd, Ventura) starting at 2 pm. Our program will be making “musubi (rice ball) faces” which will be led by **Amy Takeshima** with help from **Daniel Andaya**. Come join us for a fun-filled afternoon and bring scissors.

Past Meeting Our past meeting was fun. Thanks to **Ron Wong and Darrin Ching** for conducting the bingo games. We all went home with prizes brought by **Ron**.

Membership. (a) **Arlene Fraser** was installed as an official Board member to the Oxnard Harbor District on January 14. Sorry I didn't get the word out sooner about this installation held at the Harbor District Building in Port Hueneme. (b) We are trying to update our membership roster so if you haven't paid your annual membership dues please see **Ron Wong**. I would like to welcome prospective members **Gordon and Nancy Girvan** who already submitted their application and paid their dues. They will officially become members when they attend their second meeting.

Hawaiian Tidbits. (a) Hawaii's **Sen. Daniel K Inouye (D)**, the president pro tempore and third in line to the presidency, passed away at age 88 of respiratory illness on Dec 17, 2012. He was the most senior member of the Senate and the second-longest-serving senator in history. **Inouye** was a Medal of Honor recipient in WWII who lost his right arm in combat. He served Hawaii in Congress for over 50 years. **Gov. Neil Abercrombie** appointed **Brian Schatz (D), 40**, lieutenant governor, to replace **Inouye**. (b) Gung Hee Fat Choy! (Happy Lunar New Year). The Chinese New Year falls on Feb 10. This will be the year of the snake. (c) A bit of history: On January 17, 1893, or 120 years ago, the Hawaiian Kingdom was overthrown by the United States of America and **Queen Liliuokalani** was imprisoned. On Nov 23, 1993 President Clinton issued an “Apology Resolution” to the Native Hawaiians for this action.

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12 Things We All Should Be Able To Say

1. I am following my heart and intuition.

Don't be pushed by your problems. Be led by your dreams. Live the life you want to live. Be the person you want to remember years from now. Make decisions and act on them.

2. I am proud of myself.

You are your own best friend and your own biggest critic. Regardless of the opinions of others, at the end of the day the only reflection staring back at you in the mirror is your own. Accept everything about yourself – EVERYTHING!

3. I am making a difference.

Act as if what you do makes a difference. It does.

4. I am happy and grateful.

Happiness is within you, in your way of thinking. How you view yourself and your world are mindful choices and habits. The lens you choose to view everything through determines how you feel about yourself and everything that happens around you.

5. I am growing into the best version of me.

Judy Garland once said, "Always be a first rate version of yourself instead of a second rate version of somebody else." Live by this statement. There is no such thing as living in someone else's shoes.

6. I am making my time count.

Time is the most valuable ingredient of life. Make the time for what does matter today. Really being in the moment, finding passion in your life, seeing the world and traveling, or just seeing the world that's around you right now, being with great people, doing amazing things, eating amazing food and savoring life's little pleasures.

7. I am honest with myself.

Be honest about what's right, as well as what needs to be changed. Be honest about what you want to achieve and who you want to become. Be honest with every aspect of your life, always. Because you are the one person you can forever count on.

8. I am good to those I care about.

In human relationships distance is not measured in miles, but in affection. Stay in touch with those who matter to you. Not because it's convenient, but because they're worth the extra effort. Many times it's our actions, not just our words that really speak what our heart feels for another.

9. I know what unconditional love feels like.

Whether your love is towards a child, a lover, or another family member, know the feeling of giving love and not expecting anything in return - this is what lies at the heart of unconditional love. Life through unconditional love is a wondrous adventure that excites the very core of our being and lights our path with delight.

10. I have forgiven those who once hurt me.

We've all been hurt by another person at some point or another - we were treated badly, trust was broken, hearts were hurt. And while this pain is normal, sometimes that pain lingers for too long. We relive the pain over and over, letting them live rent-free in our head and we have a hard time letting go.

11. I take full accountability for my life.

Own your choices and mistakes, and be willing to take the necessary steps to improve upon them. Either you take accountability for your life or someone else will. And when they do, you'll become a slave to their ideas and dreams instead of a pioneer of your own.

12. I have no regrets.

This one is simply a culmination of the previous eleven... Follow your heart. Be true to yourself. Do what makes you happy. Be with who makes you smile. Laugh as much as you breathe. Love as long as you live. Say what you need to say. Offer a helping hand when you're able. Appreciate all the things you do have. Smile. Celebrate your small victories. Learn from your mistakes. Realize that everything is a lesson in disguise. Forgive. And let go of the things you can't control.