

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## JUNE 2013

Website: [www.huilimakokua.com](http://www.huilimakokua.com). Happy Fathers' Day!!!!

**Next Meeting.** (a) . **FLASH, FLASH, FLASH!!!** Our next potluck meeting will be held on **June 1** (instead of July 8) at Our Lady of Assumption Church (3175 Telegraph Road, Ventura), starting at 2 pm due to several conflicts. I hope this change did not inconvenience too many members. Anyway, we will have a plant exchange program. So bring potted plants, cuttings, etc. Come join us even if you don't want to participate in the plant exchange because we will show a video of "**Jake Shimabukuro: Life on Four Strings.**" If you already saw this program, you will enjoy it even more this second time around. (b) Our annual mini-luau will be held on October 19, 2013. More information will be provided later.

**Past Meeting** The Mothers' Day potluck and program went exceptionally well. The food was great and the program on Indonesia by the **Boons (Dirk, Elly, and Evelyne)** was very interesting and informative. The **Boons** also cooked some interesting and authentic Indonesian dishes for us to eat. It sure is nice to have a professional chef in our club. **Dirk** was probably assisted by **Mama Elly** and wife **Evelyne**. Mahalo also to **Leandra Castroni** for decorating the tables and presenting all the mothers with "Happy Mothers' Day" helium balloons and to **Ted Wakai** who brought a long stem rose for each mother.

**Membership News.** In a couple of months we will have election of officers for the next fiscal year so we are looking for a nomination committee or a chairperson. If interested see **Darrin Ching**. By the same token, we will need people to run for office.

**Hawaiian Tidbits.** (a) What are the top 5 favorite Hawaii snacks? According to the Hawaii Magazine poll the winners are: 1 –malasada, 2 – pineapple, 3 – poke, 4 – macadamia nuts, and 5 – shave ice. In Hawaii, Mardi Gras (Fat Tuesday) is also known as Malasada Day. Many voters expressed a fondness for malasadas from Honolulu's Leonard's Bakery, but you'll find the treat statewide. Some like 'em filled with everything from sweet custard to haupia to lilikoi (passion fruit) creams. A few years ago, the Honolulu Marathon's organizers started serving up fluffy malasadas at the finish line for more than 20,000 runners completing the 26.2 mile course. (b) In a reversal of his first major decision as University of Hawaii Athletic Director, **Ben Jay** will name all UH's men's athletic teams "Rainbow Warriors." **Jay** had originally adopted "Warriors" as the nickname of UH's men team. Go Rainbow Warriors!

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An excerpt from  
[\*Oil for Your Lamp\*](#)  
by **Lisa Hammond & BJ Gallagher**

Virtually every woman we know has the same problem—she knows what's good for her, but she often doesn't do it. She knows she should eat less and exercise more, but still she doesn't make healthy choices. She knows she needs to spend her time and money more

effectively, but good time and money management elude her. She finds herself always putting others first, while neglecting her own needs and wants. She doesn't get enough rest or sleep and her endless to-do list hangs overhead like the sword of Damocles. As our friend Brenda Knight laments frequently, "Why am I always riding in the back of my own bus?"

We don't do the things we know are good for us because we are so busy taking care of others that we neglect ourselves. The problem isn't lack of information—we have plenty of information about the importance of sleep, healthy foods, and exercise. The problem is how we prioritize our lives.

Psychologists tell us that some people are inner-directed and some are other-directed. That is, some people focus on their own internal guidance system for making choices about how to spend their time and energy. Their own self-interest ranks very high on their list of priorities. "What's best for me?" is a key guiding principle in determining where they focus their attention and how they make day-to-day decisions.

And some people are other-directed, which means that their primary focus is external, not internal. They are primarily concerned with relationships, especially people they care about. "How can I help others?" is a key question in how they spend their time and energy. Building and nurturing relationships with loved ones, family, friends, neighbors, and coworkers is the guiding principle in their lives.

Research indicates that, in general, men tend to be more inner-directed, while women tend to be more other-directed. There are exceptions, of course, but as a group, men are focused on themselves while women are focused on other people. Men like to build things while women like to build relationships.

This difference in psychological orientation goes a long way toward helping us understand why we women often do such a poor job of taking care of ourselves. We run around filling others' lamps with oil, but forget to fill our own lamps first. Then we wonder why we're often exhausted, frazzled, stressed-out, anxious and/or depressed!

Awareness is the first step toward solving a problem. So the first section of this book is devoted to helping us acknowledge the problem and understand the reasons for it. Chapter 1 looks at how girls are socialized, growing up to be women who put others first. Chapter 2 examines the values women have adopted in the past 50 years, beginning with the feminist movement—leading us to believe that we can have it all—all at once. And Chapter 3 explores the corresponding myth that we can DO it all.

But don't be discouraged. Help is on the way—in Section II, we'll get into solutions for the problem. We'll learn the value of doing nothing, how to play again, how to become more inner-directed, and most important, how to ask for help.