

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## FEBRUARY 2014

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

**Next Meeting.** Our next monthly potluck meeting will be held at **Hurley Hall, Our Lady of Assumption Church (3175 Telegraph Road, Ventura 93003) on February 8 (Saturday) starting at 2 pm.** The program on genealogy will be conducted by **Kristin Stiles.** I am looking forward to getting some hints to renew my effort in developing my “family tree.”

**Past Meeting** **Lisa Zimmerman** did an outstanding job in presenting the “Hawaiian Proverbs” at the last meeting. Our hats off to **Lisa** who must have spent many hours researching this subject matter. We all learned a lot. Many favorable comments were heard after the presentation. I personally learned that I need to learn a lot more of the Hawaiian language. Mahalo **Lisa!**

**Membership News.** (a) A sad note to report, former board of director member of our Hui, **Otto Schiess**, died in January at his home in Port Hueneme. His wife, **Eleanor**, originally from Hawaii, died 11 years ago. **Otto** will be buried in Hawaii along side **Eleanor**. Aloha good buddy! (b) If anyone has ideas for programs, please contact one of the board members.

**Miscellaneous.** (a) Happy New Year, y'all!! Hey, didn't I say that last month? Yes but the Chinese New Year started on January 31 so “Gung Hay Fat Choy!” to all of you. This is the year of the Horse. Horse people are born in 1930, 1942, 1954, 1966, 1978, 1990, 2002, and 2014. Those born in horse years are cheerful, skillful with money, perceptive, witty, talented and good with their hands. (b) Last month (January) there was large waves at the Oahu's north shore that were estimated to be 40 to 50 feet high. There are many brave (crazy?) surfers who look forward to catching these monster waves. Incidentally, beaches are publicly owned lands in the State of Hawaii; meaning the public has full right of access to all beaches and shorelines throughout the Islands. (c) What are the 5 favorite Hawaii plate lunch foods? According to a poll conducted by Hawaii Magazine, here are the top 5. **Number 1** on the list is kalua pig. This dish goes especially well if served with rice, poi, lomi salmon, poke, or maybe some chicken long rice. **Number 2** is loco moco. A classic version of the loco moco – a grilled beef patty on a bed of rice, topped with a fried over easy egg, then slathered with brown gravy. **Number 3** is poke. The basic poke mixture is fresh, raw, cubed ahi (tuna), salty seaweed, and crunchy sweet onions. Suggest eating poke with rice. **Number 4** is chicken katsu. Chicken katsu is essentially a chicken cutlet taken to a more crunchy extreme. Chicken thighs are deboned, flattened, battered with flour, egg and panko (Japanese bread crumbs) and deep fried to a crisp, golden brown. Panko breading keeps the cutlet crust crunchy long after frying, making chicken katsu a perfect entrée for takeout plate lunches. **Number 5** is laulau. Lau Lau is almost a complete meal in itself – pork, chicken or beef, salted butterfish and taro leaves wrapped in ti leaves and steamed. Try some of these dishes at our local (Ventura County) L & L and Q & Q restaurants. Incidentally, the original L & L Restaurant still sits on Liliha Street in Honolulu, close to where I once lived. Gee, now I'm craving for a Hawaiian lunch plate with 2 scoops of rice and macaroni salad.

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## **A Short Story**

A young couple moves into a new neighborhood. The next morning while they are eating breakfast, the young woman sees her neighbor hanging the wash outside. "That laundry is not very clean; she doesn't know how to wash correctly. Perhaps she needs better laundry soap." Her husband looks on, remaining silent. Every time her neighbor hangs her wash to dry, the young woman makes the same comments. A month later, the woman is surprised to see a nice clean wash on the line and says to her husband: "Look, she's finally learned how to wash correctly. I wonder who taught her this?" The husband replies, "I got up early this morning and cleaned our windows." And so it is with life... What we see when watching others depends on the clarity of the window through which we look

## **The 5%/95% Rule**

Where we place our focus, the rest of our mind and emotions will follow. So how do we learn how to do this focus stuff? One of the quickest ways to begin to strengthen your focus muscles is to practice the 5%/95% rule. That means to focus no more than 5% on what you don't want and 95% on what you do want.

Focus 5% on what you fear 95 % on getting educated and skilled to face it.

Focus 5% on the problem 95% on the healthiest solution.

Focus 5% on the mistake 95 % on learning from it.

Focus 5% on who to blame 95% on making sure to heal.

Focus 5% on what you must do 95% on enjoying the process of it.

Focus 5% on the conflict 95% on the win-win-win resolution.

Focus 5% on what you can't control 95% on what you do have control over.

Focus 5% on what others say 95% on what you believe.

Focus 5% on what you have 95% on what you want to have.

Focus 5% on reading this 95% on applying it.