

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

FEBRUARY 2015

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

Next Meeting. The next regular potluck meeting will be held on February 14 at Hurley Hall, Our Lady of Assumption (OLA) Church, commencing at 2 pm. The program will be a demonstration of making sushi to be conducted by **Kay Nakamura and Kim Nishimura**. These ladies will show their culinary skills and we all get to taste the sushi. This program was originally scheduled for January but the meeting was cancelled as explained below.

Past Meeting. Sorry for the last minute cancellation of the meeting that was scheduled for January 10th. A Deacon for the church had died and his services were held at the church and all the facilities were used. Without saying, the church naturally has priority over the use of its own facilities, we are guests there.

Membership News. (a) **Leandra Castroni** had back surgery on January 19th at Oxnard St. Johns Hospital. She may have to undergo another back surgery in a couple of months. **Kaimana Pendergrass** brought flowers to her on behalf of the Hawaii Club. **Leandra** is the Aloha Chairperson for the club and is responsible for providing flowers to members who are hospitalized but in this case, **Kaimana** stepped up. Speedy recovery **Leandra** and mahalo **Kaimana**. (b) **Ron Wong** is collecting dues for this fiscal year (October 2014 thru September 2015). Dues are \$20 for family including children under 19, and \$15 for single. New members are charged a one time \$10 initiation fee. You can pay your dues at the next meeting or mail your payment to **Ron** at 392 Tulane Ave, Ventura, CA 93003. We want to prepare an updated roster.

Hawaii News. (a) Last month I mentioned that University of Oregon's **Marcus Mariota** overwhelmingly won the coveted Heisman Trophy. **Mariota** hailed from St Louis High School in Honolulu. Anyway, University of Oregon played Ohio State for the National College Championship on January 12th but lost by a score of 42-20. Shortly after the game **Mariota** declared that he will turn professional even though he has one more year of college eligibility left. I give **Mariota** credit because he has graduated with a degree. That kid will soon be making millions \$ after the National Football League draft starts on April 30. (b) The University of Hawaii Men Volleyball team has just started playing and is currently ranked at number 7 in the nation. The Wahine Team ended its season in December ranked at number 23. The Wahine Coach, **Dave Shoji**, just completed his 40th season and holds the all time NCAA volleyball record in victories at 1,150. (c) Former Hawaii Governor **Linda Lingle** has been appointed to serve as the Chief Operating Officer under Governor of Illinois **Bruce Rauner**. **Lingle**, a Republican, is 61 years old and served as Hawaii governor for two terms (2002-2010). She lost a bid in 2012 to become a US Senator. She will soon move to her new job in Illinois.

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Mike's Ramblin' Corner

According to the Chinese zodiac, 2015 is the Year of the Sheep. The Chinese New Year starts on Thursday February 19, 2015. "Gung Hee Fat Choy" y'all! There are so many dialects in China that not all Chinese use the same new year greetings. Anyway, this term cited here is what I heard the most while growing up in Hawaii. People born in the following years are known as sheep people:

1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015 and every 12 years hence. An adult male sheep is known as a ram. An adult female sheep is known as a ewe. A young sheep is known as a lamb. It has been said that sheep people have sympathy for others, are gentle and versatile, not proud. However, they tend to be reserved, overly anxious about the future and worry over trivial matters. Since sheep live in flocks peacefully, they are considered as the symbol of a happy family life. **Bill Gates** and Apple co-founder **Steve Jobs** enormous success comes as no surprise to Asian astrologers who maintain that Sheep people are perfectionists and clever intellectuals. The Sheep is the eighth sign of the Asian astrological calendar, which is represented by 12 animals. In Asian cultures, the number 8 is associated with prosperity and peace.

New Year's Resolutions.

How many of you made New Year Resolutions for this year? OK, how many are still keeping the resolutions? According to a study, the top 10 resolutions are: 1. Spend more time with friends and family, 2. Get fit, 3. Lose weight, 4. Quit smoking, 5. Enjoy life more, 6. Quit drinking, 7. Get out of debt, 8. Learn something new, 9. Help others, and 10. Get organized. The amazing thing is that I probably made 8 of those resolutions during my adult lifetime, weight loss being at the top of the list for many people. About 2/3 of American adults are overweight. Anyway, I ran across an interesting article by **Mark Hyman, MD**, on this subject matter - Lose weight:

“Here's the not-so-sweet truth. We are killing ourselves by consuming truckloads of hidden sugar. Sugar is the new fat.”

”Despite 40 years of Americans being brainwashed into thinking that fat is bad, it turns out it's sugar, not fat, that makes you sick and overweight.

The facts are in, the science is beyond question. Sugar in all its forms is the root cause of our obesity epidemic and most of the chronic disease sucking the life out of our citizens and our economy — and, increasingly, the rest of the world. You name it, it's caused by sugar: heart disease, cancer, dementia, type 2 diabetes, depression, and even acne, infertility and impotence.

The average American consumes about 152 pounds of sugar a year. That's roughly 22 teaspoons every day for every person in America. And our kids consume about 34 teaspoons every day — that's more than two 20-ounce sodas — making nearly one in four teenagers pre-diabetic or diabetic.

Flour is even worse than sugar. We consume about 146 pounds of flour a year. Think about it. That's about one pound of sugar and flour combined every day for every man, woman and child in America. And flour raises blood sugar even more than table sugar. Even whole-wheat flour.”

Gasoline Prices. The gasoline prices keep dropping. The price of gas has dropped about \$2 a gallon since it peaked a couple of years ago. That is good news but I was just wondering why the price of airline tickets are not dropping? Perhaps because airline tickets are still in high demand.

Driver's License. I heard from a couple of friends that if you need to renew your expiring driver's license, you should make an appointment early. The DMV is swamped with many people trying to get driver's license.