

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

APRIL 2015

Website: www.huilimakoua.com.

Next Meeting. (a) The next potluck meeting will be our Easter Picnic to be held on **April 12, Sunday**, starting at noon at the Camino Real Park in Ventura (next to the tennis court). **Please note that the picnic will be held on Sunday instead of the usual Saturday because our tri-tip cook (Darrin Ching) will be returning from travel on Saturday.** The park is located behind Lowe's Hardware Store at 4298 Dean Drive, Ventura 93003. The club will furnish tri-tip (to be cooked by **Darrin**), 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. (b) We plan on having a 1 ½ hour tour of the Port Hueneme's port facility on May 9th starting at 1pm if there is enough interest. If you are interested in attending this tour, please contact me (**Mike** at 482-1740 or by email) by April 12th. Guests are welcome. We need at least 10 people. The tour will be approximately 1 ½ hours long starting at 1pm. (c) For planning purposes, we are planning on having a plant exchange meeting during the summer so be prepared.

Past Meeting. At the last meeting held on March 14, **Laurie & Noelani Gregory** and **Darrin Ching** taught us the art of origami (paper folding). Mahalo for this interesting program. Mahalo to **Ted Wakai** for helping us celebrate St. Patrick's Day by wearing his St Patrick's Day costume and bringing corn beef cabbage. **Ted's** wife was an Irish.

Membership News. I am sad to report on the passing of the Hawaii Club's only honorary member - **Ben Wright**. **Wright** passed away on March 5. He was a previous President and a tremendous supporter of our club. Because he was a member of the Club, we will donate \$100 to **Ben's** family, whenever his funeral service is finalized. **Maebelle Librando**, a good friend of our club and former president of our sister organization, the Hawaiian Club of San Fernando Valley, passed away on February 12. May both **Ben** and **Maebelle** rest in peace.

Hawaii News. (a) University of Hawaii Wahine basketball coach **Laura Beeman**, led the Rainbow Wahine to the Big West championship. **Beeman** was named the conference's Coach of the Year. She has been the Rainbow Wahine coach for 3 years. (b) The University of Hawaii men's volleyball team was recently ranked number 1 in the national rankings. It is the 25th time that the Rainbow Warriors have been ranked No. 1. The last time was the Feb. 24, 2004, poll. (c) University of Hawaii's research on healthy aging is generating interest. The state of Hawaii has the highest percentage of healthy seniors in the nation. **Bradley Wilcox**, one of the world's experts on healthy aging, left Harvard University over a decade ago to learn why Hawaii seniors are the healthiest in the nation. While genetics plays a role, foods containing certain nutrients help ward off disease. Eating the right foods like Okinawan sweet potatoes, turmeric, and certain seaweeds lessen the risk of age related diseases and might actually slow the aging process. **Wilcox** co-authored "The Okinawan Program" after studying Okinawans, who are the longest living people on the planet. (d) Hawaii's nursing homes have been rated the best in the country according to the latest report from the Centers for Medicare and Medicaid Services. 39 percent of Hawaii's 46 nursing homes received the highest rating of five stars, higher than the other 49 states. That is welcome news since Hawaii has the most rapidly aging population in the country. (e) Long-time Hawaiian fashion and gift retailer, Hilo Hattie, filed for Chapter 11 bankruptcy for the second time in less than seven years. Hilo Hattie currently owes more than \$10 million to creditors including \$1.85 million

in back rent to three locations in Honolulu, Maui, and Kauai. (f) Some of the businesses and residents are returning to Pahoia (Big Island) because the lava flow has stalled about 400 yards short of the shopping center. Residents are cautiously optimistic about the stalled lava flow and realize this drama could play out for years. Even though the front of the flow has stalled, small outbreaks remind residents that the lava continues to flow from Kilauea crater. (g) **Termites**. National pest control company Terminix released its annual ranking using data from its more than 300 branches around the country. Los Angeles and San Francisco are the two most termite infested cities in the country followed by the Dallas-Fort Worth market in third place. San Diego, Calif. and Houston, Texas, round out the top five, followed by Miami-Fort Lauderdale, Fla. (No. 6), Phoenix, Ariz. (No. 7), Atlanta, Ga. (8), Sacramento, Calif. (9) and at No. 10, Oklahoma City, Okla. **Honolulu is ranked number 14** following Tampa-St. Petersburg, Fla. (11), Boston, Mass. (12) and No. 13, Wash., D.C.

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Mike's Ramblin' Corner

Students at HCC Builds Homes. Just about every year since 1965, Hawaii Community College (on the Big Island) career technical students have demonstrated the skills they've learned in class by building a home for a family in need. In May 2015, HCC's 46th home will be transferred to its new owners. The tradition not only offers a novel and authentic educational experience for budding carpenters, welders, electricians, engineers, landscapers and others; it also gives students a real sense of pride. Students aren't just building anything, their instructors say — they're putting a roof over a family's head. "They take ownership of it," said **Joel Tanabe**, 57, chairman of HCC's construction technology department. Dozens of students pitch in on the "model home" project, taking care of just about everything, from the concrete driveway to the home's foundation to the kitchen cabinets to installing solar panels on the roof. When the program began, the homes were built for public-housing recipients on state land. Now they are constructed on Department of Hawaiian Home Lands properties. HCC does not charge for student labor, only materials and any subcontracting costs. Last year's model home was bought for \$199,000, the mortgage for the house was less than the rent for an average home in Hilo.

Hawaii Education System.

Hawaii has made significant progress in educating the children (K-12), according to the United States Department of Education. The progress, which has been accredited to USDOE systematic reforms, was recently recognized in a monitoring report presented to the Hawaii State Department of Education.

Hawaiian Ukulele Cruise

Kay and I (**Mike**) went on a 15 Day Ukulele Cruise from Los Angeles to Hawaii and back (Feb 17 thru Mar 4). We stopped at 5 ports – Hilo, Honolulu, Nawiliwili, Lahaina, and Ensenada. The ukulele workshop was conducted by professional "**Ukulele Mike Lynch** and his wife **Collene**." Of the 50 people taking the ukulele workshop, 12 were from Ventura County. There were a lot of programs offered on board the Grand Princess, like beginning hula, beginning ukulele, making leis, choir singing, dancing, exercise classes, health classes, etc. Found out that the island of Maui is slowly sinking and that it will eventually become 2 islands, cut off at the "neck." In fact the islands of Lanai, Molokai, and Kahoolawe were once joined to Maui.